Healthy Eating

Air Fryer COOKBOOK

How to cook almost anything in your air fryer

ISSUE 30 £7.99

107 RECIPES & TIPS

AIR FRYER BENEFITS

How to cut the calories without compromising flavour

Healthy New Year!

Kick-start your year with feel-good food that's packed with goodness

10 WAYS TO DETOX!

Press the reset button and embrace whole foods

ANTHEM PUBLISHING

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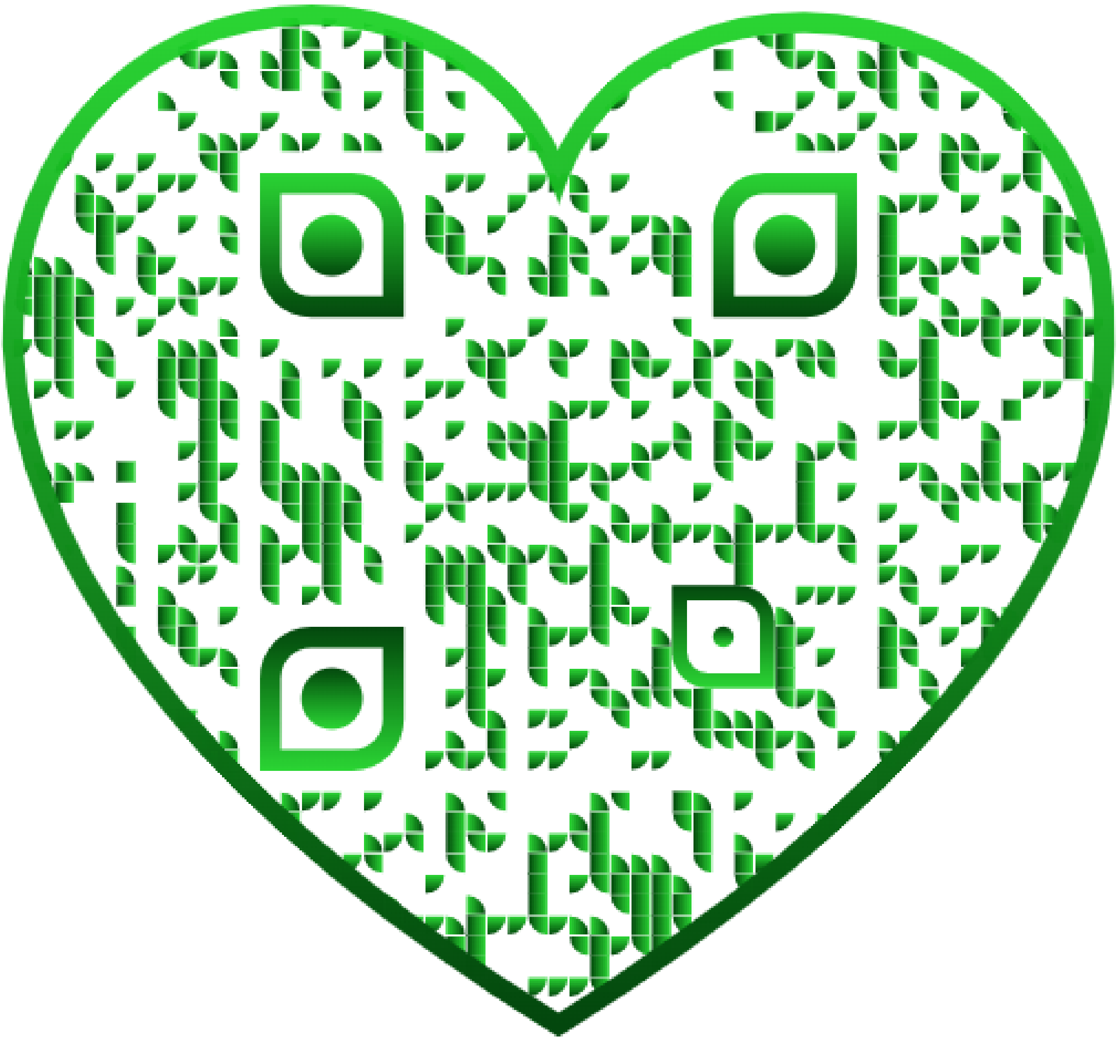
ASIAN FLAVOURS FAKEAWAYS LIGHT LUNCHES VEGANUARY MEALS & MORE!



Welcome

Happy New Year everyone, and welcome to our latest *Air Fryer Cookbook*, which as ever brings you a whole load of exciting new air fryer recipes, as well as fantastic tips and tricks to help you get the best out of your machine. We've heard the old adage; 'New Year, New You', well there is a lot to be said for that, and this issue is all about championing the start of 2026 as we look to bring healthy cooking to the forefront of your kitchen.

From healthy breakfasts to sweet treats, from light lunches and simple midweek meals to weekend delights and 'fakeaway' recipes you can replicate from the comfort of your home, we have everyone covered this issue. And, if you are joining the increasing number of people that are taking on the *Veganuary* challenge, then there's a special section inside where you'll get to create mouthwatering meals that are all meat-free, and totally delicious.

If you're looking for a January detox, turn to page 60, where we have provided some great tips to help you get started, while we also look at how using the air fryer can help you watch your calories at the turn of the year on page 8. Once again, Happy New Year and Happy air frying!

Nick

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Healthy Eating was awarded Newsstand Magazine of The Year at the ACE Newspaper & Magazine Awards 2024.

We love...

Cutting calories: Sam Milner shows us how we can still eat all the wonderful foods we enjoy at the same time as cutting back on the calories and helping with our January and New Year goals **on page 8.**

10 ways to detox: Press the reset button on the way you eat with our handy tips to help you focus on whole foods, lean proteins and antioxidant-rich ingredients – all creating fantastic results through your air fryer **on page 60.**

Sweet bites: Just because it's January doesn't mean you have to sacrifice on the sweet stuff we all enjoy. Discover our seven-day meal plan that allows you to eat all your favourite treats at the same time as maintaining a healthy balanced diet **on page 101.**

Get the most out of your air fryer with our simple guide to cooking times for all your favourite food on page 27.

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AirFryer COOKBOOK

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USING THE AIR FRYER TO HELP YOU LOSE WEIGHT

Air Fryer aficionado Sam Milner looks at ways the air fryer can help you with your diet – perfect for those January goals…

FUN FACT: WE BOUGHT OUR FIRST ever air fryer back in 2012 after seeing it advertised in a diet magazine. The idea that you could cut your fats in your foods by 85% just by getting a Philips Air Fryer.

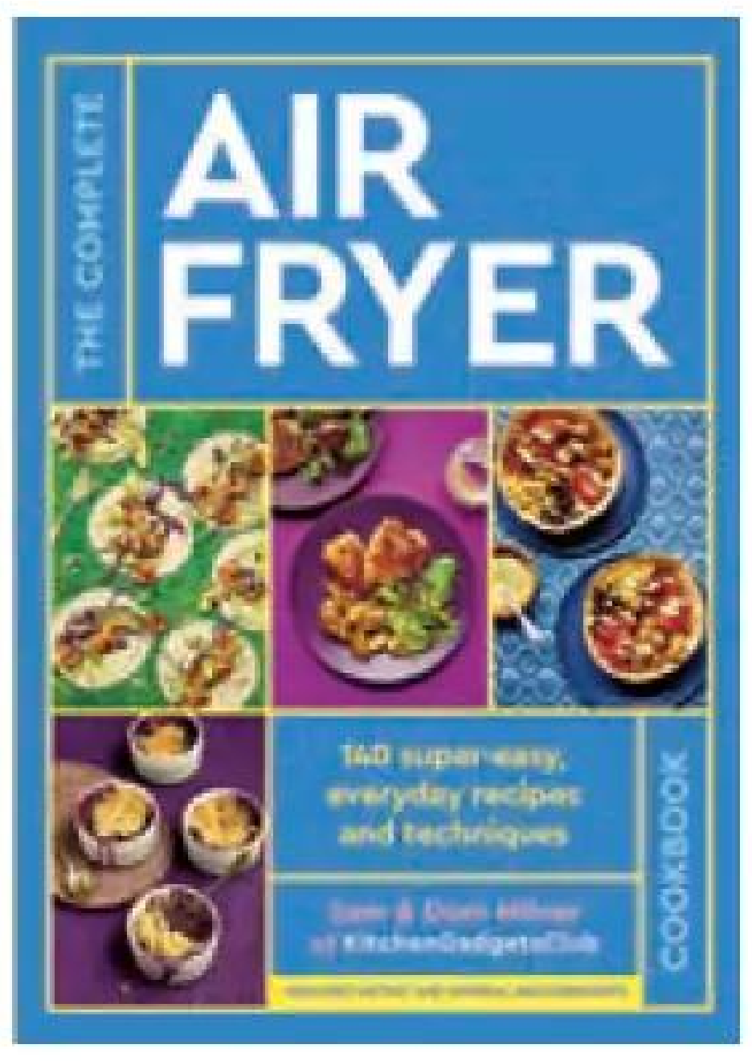
Back then it was just the Philips Air Fryer, which was a small basket style air fryer. You couldn't fit a whole chicken in it, but it had great potential. My thought of course, was give me chips without as much oil. I could eat chips everyday if I wanted to!

It took me 20 minutes to talk my chef hubby Dom into getting one and after test driving it with some chicken goujons we were hooked.

We then used it through 2013 and 2014 and 2015 to lose weight. But it never felt like we were cutting calories or that we were on a diet, because thanks to the way the air fryer cooked the food, we could have our cake and eat it!

I now look back at the air fryer diet food, and I would say it was the same as being on a high protein, low fat diet. But the huge difference is that when you use the air fryer and reduce fat you don't notice it. Because you are still getting that amazing texture on your food from extra virgin olive oil instead of from butter, or lots of vegetable oil in a fat fryer.

But what are our go-to air fryer foods that are perfect for losing weight?



Sam Milner is the author of ***The Complete Air Fryer Cookbook*** with her husband Dom, published by White Lion Publishing, £20.

1 VEGGIE LOADED EGG CUPS – These work out at just 48 calories per serving and are little omelette bites cooked in egg muffin cases. What we do is make a big batch of them and store them in Tupperware. They are great for taking to work, or those times when you are out and you would normally just grab a supermarket sandwich or head into a bakery. They work well with many omelette fillings, although we love them most with peppers, mushrooms and spinach. Best of all, because it's like an omelette, it fills you up and stops you snacking.

All images: iStock.com

2 THE CHICKEN BREAST – Fun fact: Did you know chicken breast is the most searched for air fryer food worldwide with more than 200,000 searching for it in Google every single month. But why? Because it's one of those greats that you can mix and match seasonings. You can also easily cook chicken breasts in the air fryer. One medium chicken breast cooked in the air fryer works out at 141 calories. Add chicken breasts to your lunch every 2 days and it's a great way to add more protein and help with your weight loss.

3 MAKE YOUR OWN CHICKEN NUGGETS – Make your own chicken nuggets using the air fryer, and your own homemade breading can come in at just 300 calories per portion, a lot less than reaching for your favourite fast food place. Because the air fryer naturally crisps the chicken there is zero oil required in this recipe, yet that doesn't stop them from tasting delicious.

4 MISSING YOUR STEAK AND CHIPS NOW THAT YOU ARE ON A DIET? You can reduce your calories by making your steak and chips in the air fryer, or reduce the calories even more by swapping the chips for salad and making a filling steak salad.

5 SALMON IN THE AIR FRYER – This is our go-to for lunch working from home and needing something that is easy that I can leave the air fryer to it. Maybe you have come in from work late and you can't be bothered to cook and don't want to ring up a takeaway – then salmon wins. You can quickly air fry some salmon fillets then serve them in a salad. Or why not pair it with green beans or some asparagus as they carry a similar cooking time.

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6 MEAL PREP AND PLANNING – This can make such a big difference to what you eat. If you have planned and prepped, you are then looking forward to what you are having and thinking about what you are actually eating. Plus, if it is food you wouldn't normally bother with because it's too time consuming on a busy worknight, then it's a good idea to prep for it. One of the foods we prep the most in our house is butternut squash. Because it can take a while to peel and cube, you can then prep 4 butternut squashes at the same time and they are perfect for your weight loss. A portion is just 134 calories and you can then serve them with the salmon or steak for a healthy yet filling dinner.

7 DO YOU HAVE SOFA SNACKS – This is my problem area. I just get the munchies as soon as the kids go to bed and I want to eat a bar of chocolate! If you are more into savoury, then why not try courgette pizza slices, where a slice of courgette becomes the base and is then sprinkled with some cheese? Or chickpeas roasted in the air fryer taste so good and are a similar texture to roasted nuts. Or our other favourite is curly kale air fried with a little extra-virgin olive oil and some dried seasoning. If you have a sweet tooth, then making ramekin sized portions of a blueberry crumble are a great less is more option.

All air fryer recipe suggestions mentioned above can be found within *The Complete Air Fryer Cookbook*. Sam & Dom Milner's Sunday Times Bestseller.

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Rise & shine!

Breakfast

RECIPES

Start the new year with a delicious and healthy morning feed...

STICKY BANANA PANCAKE- P15

Recipe and photo © Stockfood, The Food Media Agency

Bagel buns with sesame and poppy seeds

Makes **4** | *Prep* **15 mins** | *Cook* **12-15 mins**

150g (1 cup) plain/all-purpose flour
100g (2/3 cup) wholemeal spelt flour
1 tsp baking powder
a pinch of salt
250g (1 cup) plain yoghurt
1 free-range egg white
2 tsp poppy seeds
2 tsp black and white sesame seeds

1 Preheat the air fryer to 180°C/360°F for 5 minutes.

2 Mix the flour with the baking powder and salt in a bowl. Add the yoghurt and mix in. Knead the mixture on a floured surface until smooth.

3 Divide the dough into four pieces, shape each into a ball and press a hole in the middle. Brush with egg white, sprinkle 2 bagels with poppy seeds and 2 with sesame seeds.

4 Place on baking paper and place in the air fryer basket. Cook for 12-15 minutes until golden brown. Leave to cool on a wire rack before serving.

PER BAGEL:

Calories: **293,** Fat **3.8g,** Saturates **1g,** Carbohydrate **53g,** Sugars **5g,** Fibre **2.3g,** Protein **11.3g,** Salt **0.3g**

Recipe and photo © Stockfood, The Food Media Agency

Baked oats with pecan nuts and beetroot

Serves **4** | *Prep* **10 mins plus soaking** | *Cook* **15-20 mins**

400ml (1⅔ cups) unsweetened almond milk
160g (1½ cups) rolled oats
2 small tart apples, cored, coarsely grated
2 tbsp lemon juice
60g (½ cup) pecans, roughly chopped, 1 tbsp reserved
400g (14oz) cooked beetroot, diced
1 tsp ground cinnamon
½ tsp ground ginger
2 tbsp coconut oil
4 tsp honey
300g (1¼ cups) Greek yoghurt
100g (½ cup) blueberries

1. Heat the almond milk in a small saucepan. Place the rolled oats in a large bowl and pour over the warm almond milk. Mix well and leave to soak for 10 minutes.
2. Mix the grated apple with the lemon juice. Add the pecans, beetroot cubes, apples, cinnamon and ginger to the oat mixture. Mix thoroughly. Grease four small baking dishes (approximately 10x10cm (4x4in)) with coconut oil.
3. Divide the oat mixture between the dishes and drizzle each with 1 tsp honey.
4. Preheat the air fryer to 170°C/340°F. Place the dishes in the air fryer basket and cook for 15-20 minutes. Remove the dishes and cool briefly.
5. Stir the yoghurt until smooth. Sprinkle the baked oats with blueberries and the remaining pecans, top with 1 tbsp yoghurt and serve warm. Serve the remaining yoghurt separately.

PER SERVING:

Calories: **456,** Fat **22.5g,** Saturates **8.1g,** Carbohydrate **62.2g,** Sugars **12.3g,** Fibre **11.6g,** Protein **15.6g,** Salt **0.4g**

Recipe and photo © Stockfood, The Food Media Agency

Oat biscuits

Makes **20-25** | *Prep* **5 mins** | *Cook* **8-10 mins** *per batch*

125g (½ cup) butter, softened
1 free-range egg
75g (⅓ cup) brown sugar
125g (1 cup) plain/all-purpose flour
1 tsp baking powder
100g (1¼ cups) rolled oats
1 tsp gingerbread spice
a pinch of salt

1. Beat the butter with the egg and sugar until creamy. Mix the flour with the baking powder, then add to the butter mixture along with the rolled oats, gingerbread spice and salt. Divide the dough into 25-30 pieces and shape into balls.
2. Preheat the air fryer to 160°C/320°F. Line the air fryer baking tray with baking paper.
3. Place 5-6 dough balls well-spaced on the tray, flatten down slightly, then cook for 8-10 minutes until golden brown. Remove, allow to cool briefly, then transfer to a wire rack. Repeat with the remaining dough.
4. Allow the biscuits to cool completely before serving.

PER BISCUIT
Calories: **78,** Fat **4.6g,** Saturates **2.7g,** Carbohydrate **9.6g,** Sugars **3g,** Fibre **0.8g,** Protein **1.5g,** Salt **0.06g**

Dried apple and nutty granola

By Fern Green

Serves **4** | *Prep* **3 mins** | *Cook* **12 mins**

100g (1¼ cups) rolled oats
50g (½ cup) mixed nuts, roughly chopped
20g dried apple pieces, chopped
1 tsp cinnamon
¼ tsp salt
3 tbsp maple syrup
2 tbsp melted coconut oil
1 tsp vanilla extract

1. Mix all the ingredients together, apart from apple, in a bowl and stir well to combine.
2. Line the air fryer basket with parchment, then add the combined ingredients, making sure they are evenly spread.
3. Air fry at 160°C/320°F for 8-12 minutes until golden and crisp. Give it a mix after 5 minutes.
4. Once ready lay it on a baking tray to cool and sprinkle over the apple. The granola will darken as it cools. Keep in a jar for up to 14 days.

PER SERVING:
Calories: **256,** Fat **18.1g,** Saturates **7.7g,** Carbohydrate **29.7g,** Sugars **10.7g,** Fibre **5.4g,** Protein **5.4g,** Salt **0.1g**

Sticky banana giant pancake

Serves **2** | *Prep* **10 mins** | *Cook* **10 mins**

2 ripe bananas (1 mashed, 1 sliced)
2 tbsp maple syrup
2 tbsp olive oil
1 tsp vanilla extract
1 tsp cinnamon
120g (1 cup) self-raising flour
1 tsp baking powder
a pinch of salt
4-6 tbsp plant milk

1. In a bowl, combine the mashed banana with the maple syrup, olive oil, vanilla and cinnamon. Fold in the flour, baking powder and salt. Add enough plant milk to create a thick, smooth batter.
2. Pour the batter into a greased 20cm (8in) air fryer-safe tin. Top with the sliced banana, then air fry at 180°C/360°F for 10 minutes until risen and golden.
3. Drizzle with maple syrup to serve.

PER SERVING:

Calories **490,** Fat **15.8g,** Saturates **2.9g,** Carbohydrate **79.7g,** Sugars **24g,** Fibre **4.3g,** Protein **8.2g,** Salt **0.2g**

Carrot and apple muffins with pecans and linseeds

Makes **6** | *Prep* **20 mins** | *Cook* **15 mins**

- 1 apple, peeled, finely grated
- 1 carrot, peeled, finely grated
- 80g (⅓ cup) Greek yoghurt, plus 6 tsp to garnish
- 1 tbsp tahini
- 1 free-range egg
- 1 tbsp honey
- 50g (½ cup) rolled oats
- 40g (⅓ cup) ground almonds
- 30g (¼ cup) pecans, chopped
- 1 tsp baking powder
- 2 pinches of salt
- 1 tbsp linseed, plus extra for sprinkling
- 30g (¼ cup) pecan halves, to garnish (optional)

1. In a bowl, mix the apple and carrot with the yoghurt, tahini, egg and honey. Stir in the oats, almonds and chopped pecans. Add the baking powder, salt and linseeds, then mix well to make a slightly moist batter.
2. Preheat the air fryer to 160°C/320°F. Spoon the mixture into 6 muffin moulds (suitable for the air fryer) and place in the air fryer basket. Bake the muffins for 13-15 minutes until golden brown. Remove and allow to cool.
3. Top each muffin with 1 tsp of yoghurt and sprinkle with linseeds. Alternatively, top with halved pecans.

PER MUFFIN:
Calories: **185,** Fat **13.5g,** Saturates **1.6g,** Carbohydrate **15.7g,** Sugars **6.7g,** Fibre **3.9g,** Protein **6.1g,** Salt **0.3g**

Bright & colourful

Light Lunch RECIPES

Enjoy healthy and delicious meals straight out of your air fryer...

WARM VIBRANT SALAD - P24

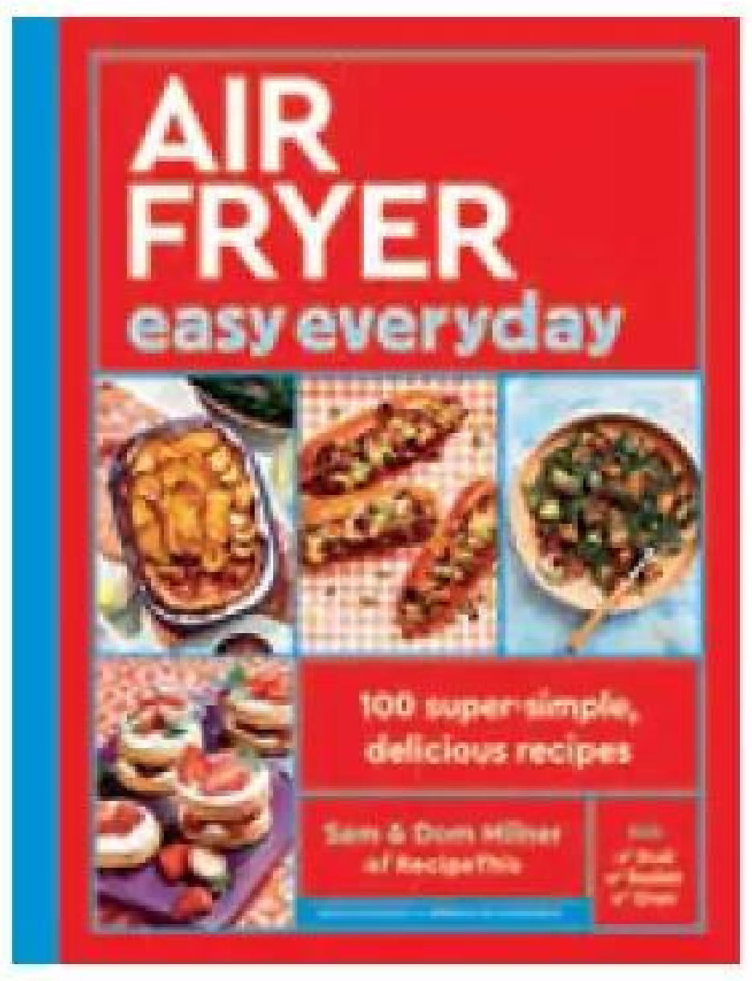
Root vegetable soup

By Sam and Dom Milner

Serves **2** | *Prep* **10 mins** | *Cook* **25 mins**

- 2 medium carrots
- 1 large sweet potato
- 2 small parsnips
- 1 tbsp extra-virgin olive oil
- 150g (⅔ cup) Boursin (or other soft cheese)
- 400g (14oz) tinned coconut milk
- 1 tbsp mixed herbs or Italian seasoning
- ½ tbsp dried rosemary
- ½ tbsp dried thyme
- 1½ tbsp ground ginger
- salt and freshly ground black pepper
- crusty bread, to serve

1. Peel and chop the veg into medium chunks. Add to a bowl with the olive oil, mixed herbs, rosemary and thyme. Season generously with salt and pepper, then mix with your hands for an even coating.
2. Add the veg to the air fryer and find a spot in the middle to add the Boursin. Take the Boursin out of its box, but keep the bottom of the foil on to stop it spilling out of the air fryer.
3. Air fry the root vegetables and the Boursin at 160°C/320°F for 15 minutes, followed by another 10 minutes at 180°C/360°F.
4. Transfer the vegetables to a blender, scrape in the Boursin, add all remaining ingredients and blend until you have a smooth soup. Serve with crusty bread.


AIR FRYER
easy everyday
100 super-simple, delicious recipes
Sam & Dom Milner of RecipeThis

Recipe taken from *Air Fryer Easy Every Day: 140 super-simple delicious recipes* by Sam and Dom Milner, published by White Lion Publishing, £20.

PER SERVING:
Calories: **840,** Fat **66.7g,** Saturates **51g,** Carbohydrate **55.3g,** Sugars **9.3g,** Fibre **6.1g,** Protein **13.8g,** Salt **0.7g**

Roasted veg & Puy lentil salad with harissa dressing

Serves **4** | *Prep* **15 mins** | *Cook* **20 mins**

- 2 medium sweet potatoes, diced
- 2 carrots or parsnips, diced
- 1 red onion, peeled, cut into wedges
- 2 tbsp olive oil
- 1 tsp cumin seeds
- 250g (1¼ cups) cooked Puy lentils
- 120g (4½oz) mixed olives
- a handful of fresh coriander and mint

FOR THE HARISSA DRESSING

- 2 tbsp harissa paste
- juice of 1 lemon
- 2 tsp maple syrup
- 2 tbsp olive oil
- salt and freshly ground black pepper, to taste

TO SERVE

- toasted nuts or dukkah

1. Preheat the air fryer to 190°C/375°F for 2 minutes.
2. Toss the sweet potatoes, carrots and onion with the olive oil, cumin seeds, salt and pepper. Air fry for 18-20 minutes until golden and tender.
3. Meanwhile, whisk together all the dressing ingredients.
4. In a large bowl, combine the cooked lentils, roasted vegetables, olives and herbs. Pour the harissa dressing over the potatoes and toss well to coat. Serve topped with toasted nuts or dukkah if desired.

PER SERVING:
Calories **334,** Fat **20.4g,** Saturates **2.6g,** Carbohydrate **35.7g,** Sugars **5.6g,** Fibre **4.6g,** Protein **8.5g,** Salt **0.5g**

Cheddar beignets

By Henry O'Connor (www.bettereggs.co.uk)

Makes **10-14** | *Prep* **15 mins plus chilling** | *Cook* **15 mins**

- 100g (½ cup) mature Cheddar, finely grated, plus 50g (¼ cup) extra to serve
- 100g (½ cup) butter
- 300ml (2¼ cups) water
- 150g (1 cup) plain/all-purpose flour
- 1 tsp sugar
- 4 Better eggs, beaten
- sea salt and freshly ground black pepper
- sunflower oil
- redcurrant jelly or sweet chilli sauce, to serve

1. Combine the butter, water and sugar in a saucepan and bring to a boil. Add the flour and beat until it forms a smooth ball that pulls away from the sides, then remove from the heat and let it cool slightly before stirring in the grated cheddar.
2. Beat in the eggs one at a time until you have a smooth paste, seasoning with salt and pepper.
3. Shape the beignets by scooping tablespoon-sized portions of dough onto a parchment-lined tray and chill for 15-20 minutes .
4. Preheat the air fryer to 180°C/350°F for about 3 minutes, then lightly spray the basket with oil or line it with parchment (making sure to add holes for airflow).
5. Arrange the dough portions in a single layer with space between each, spray the tops lightly with oil for a golden finish, then air fry for 10-12 minutes, turning halfway, until puffed and golden brown.
6. While warm, grate extra cheddar over the top and serve with warm redcurrant or quince jelly or add a twist with sweet chili sauce.

PER BEIGNETS:

Calories: **139,** Fat **9.7g,** Saturates **5.5g,** Carbohydrate **8.5g,** Sugars **0.3g,** Fibre **0.3g,** Protein **4.5g,** Salt **0.2g**

Coconut, turmeric and sweetcorn pancakes

By Fern Green

Makes **4** | *Prep* **10 mins** | *Cook* **5 mins**

- 2 free-range eggs
- 200ml (just under 1 cup) coconut milk
- 100g (2/3 cup) plain/all-purpose flour
- 170g (1 cup) sweetcorn
- 1 tsp turmeric
- 2 tsp bicarbonate of soda
- 2 tsp butter, melted
- 1 tsp soy sauce
- 1 tbsp oil
- fresh chilli, to serve
- cucumber ribbons, to serve
- chopped spring onions/scallions, to serve

1. Whisk the eggs, soy sauce, melted butter and coconut milk together in a bowl. Stir through the flour and turmeric, then add the sweetcorn and mix through.
2. Add the oil to the base of the air fryer. Spoon 4-5 tablespoons of the batter for each pancake in the base. You may want to do this in batches. Air fry at 200°C/400°F for 3 minutes. It should be browning at the edges and slightly curling.
3. Tip the pancake out of the air fryer tray, or carefully use a silicon spatula to lift it out. Repeat until all the mixture has been used up.
4. Serve with fresh chilli, spring onions and ribbons of cucumber.

PER PANCAKE:

Calories: **363,** Fat **23.2g,** Saturates **13.8g,** Carbohydrate **31.7g,** Sugars **5.4g,** Fibre **2.9g,** Protein **9.9g,** Salt **0.7g**

Green eggs

By Fern Green

Serves **2** | *Prep* **5 mins** | *Cook* **15 mins**

- 6 frozen spinach discs, defrosted
- 3 tbsp olive oil
- 1 onion, peeled, grated
- ½ a pinch of chilli flakes
- 2 free-range eggs
- 1 tbsp chopped parsley
- salt and freshly ground black pepper
- flatbread and yoghurt, to serve

1. Place the defrosted spinach discs in a tea towel and rinse as much liquid as you can by squeezing them over the sink. Place in a bowl and add the olive oil, onion, chilli and half the parsley. Season generously.
2. Place a piece of parchment at the bottom of the air fryer and spoon the spinach mixture on top. Make two wells in the spinach mixture big enough for the eggs to crack in. Crack the eggs in, then air fry at 160°C/320°F for 5 minutes. The eggs should be cooked through.
3. Spoon each egg and half the mixture onto a plate and sprinkle with parsley. Serve with flatbread and yoghurt.

PER SERVING:

Calories: **433,** Fat **29.6g,** Saturates **4.9g,** Carbohydrate **29.6g,** Sugars **5g,** Fibre **3.8g,** Protein **14.2g,** Salt **0.6g**

Cheddar cheese scones

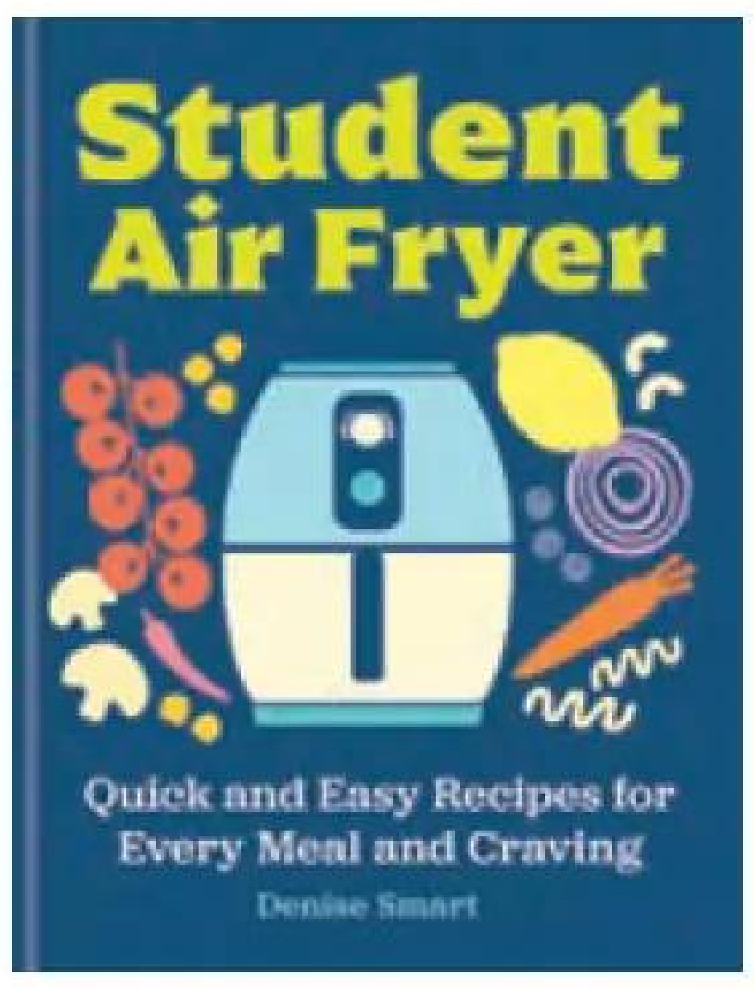
By Denise Smart

Makes **5** | *Prep* **15 mins** | *Cook* **10 mins**

- 225g (1¾ cups) self-raising flour, plus extra for dusting
- 1 tsp baking powder
- ½ tsp salt
- ½ tsp freshly ground black pepper
- 3 tbsp + 2 tsp cold butter, diced
- 100g (1 cup) Cheddar cheese, grated
- 1 free-range egg
- 1 tsp mustard (wholegrain, Dijon or English)
- 5-6 tbsp milk, plus extra for glazing

TO SERVE

- sliced ham
- sliced cheese
- tomato or caramelized onion chutney



Recipe taken from *The Student Air Fryer* by Denise Smart, photography by William Shaw, published by Hamlyn, £16.99

1. Sift the flour into a large bowl, add the baking powder, salt and pepper and mix well. Using your fingertips, rub in the butter until the mixture resembles fine breadcrumbs. Stir in most of the cheese, reserving a little for the tops.
2. In a small bowl, beat together the egg and mustard. Stir into the flour mixture, with enough milk to make a soft dough.
3. Turn out onto a lightly floured work surface, knead lightly and roll out to about 2.5cm (1in) thick. Cut into 5 rounds with a fluted 6cm (2½in) cutter, using the trimmings to make more scones. Place on a piece of pierced nonstick baking paper in a preheated air fryer at 180°C/350°F. Brush the tops of the scones with a little extra milk and sprinkle with the reserved cheese.
4. Cook for 6 minutes, turn over and cook for a further 4 minutes, or until the scones are well risen and golden brown. Transfer to a wire rack to cool.
5. Serve sliced in half, spread with a little chutney and filled with ham and cheese slices.

TIP: Any remaining scones can be stored in an airtight container for up to 2 days. Alternatively, they freeze well in individual freezer bags.

PER SCONE:

Calories: **354,** Fat **18.1g,** Saturates **10.5g,** Carbohydrate **35.2g,** Sugars **1.1g,** Fibre **1.3g,** Protein **12g,** Salt **1g**

Gyros

By Anna Stanford

Serves **4** | *Prep* **25 mins** | *Cook* **35 mins**

1kg (2lb 4oz) boneless, skinless chicken thighs (approx. 8 thighs)
5 tbsp Greek yoghurt
3 garlic cloves, peeled, crushed
1 tbsp smoked paprika
1 tbsp ground cumin
1 tbsp ground coriander
1 tsp cayenne pepper
1 tbsp salt

FOR THE TZATZIKI

½ a cucumber
1 garlic clove, peeled, crushed (or ½ tsp garlic paste)
4 tbsp Greek yoghurt
juice of ½ a lemon
¼ tsp salt

FOR THE FLATBREADS

180g (1½ cups) plain flour, plus extra for dusting
1 tsp baking powder
180g (¾ cup) Greek yoghurt
1 tbsp olive oil, for oiling the pan

TO SERVE

green salad
chopped cherry tomato salad
sriracha
crispy fries

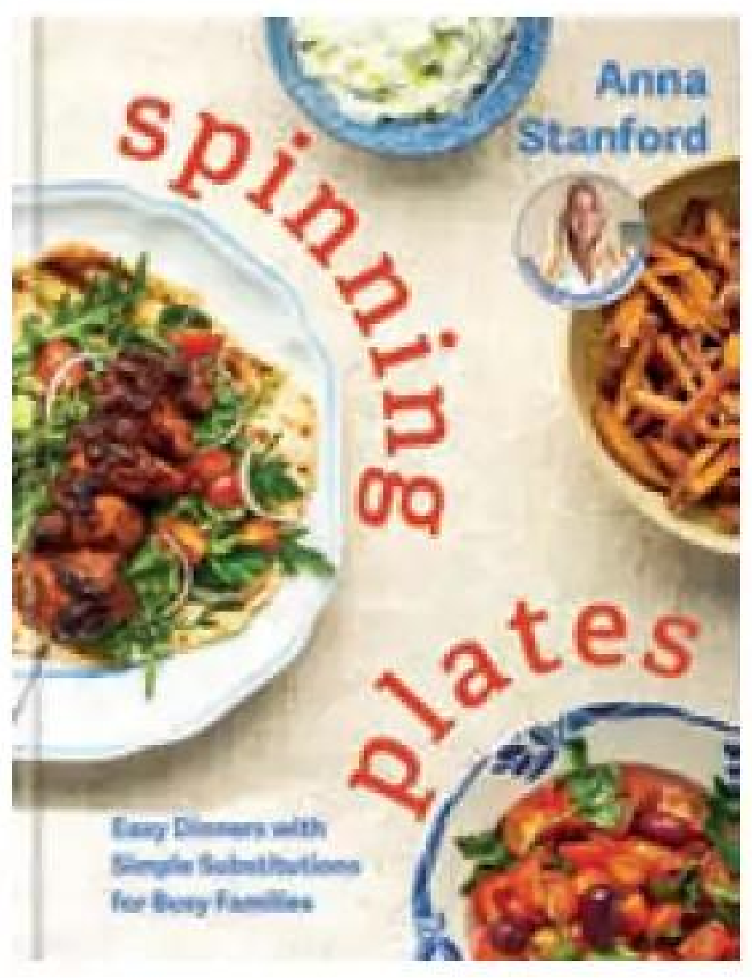
1 Preheat the air fryer to 180°C/350°F. Line the basket tray with non-stick baking paper.

2 Mix the chicken thighs with all the other ingredients in a bowl until coated. Fold and tightly thread each chicken thigh on metal skewers. Place in the air fryer basket and cook for 25 minutes, turning halfway through. The chicken will be very tender so it can be pulled apart and will have taken on some colour.

3 Meanwhile, for the tzatziki, coarsely grate the cucumber and squeeze out the excess water. Combine with all other ingredients in a bowl, then set aside.

4 For the flatbreads, mix the flour, baking powder and yoghurt together in a bowl using a fork first, then pull together and knead to form a dough. Divide into 4 and roll out each portion on a lightly floured surface so each flatbread is about 3-4mm (⅛inch) thick. Heat a griddle pan or frying pan until smoking hot. Lightly oil it, then cook the flatbreads one at a time for 2 minutes on each side. There should be golden patches and some griddle lines if using a griddle pan.

5 Slice the chicken off the skewers. Load the chicken onto the flatbreads with the tzatziki, some green salad, chopped cherry tomato salad and some sriracha. Pile the fries on, or serve them alongside. Fold or wrap the gyros before serving. Tuck in and enjoy!



Recipe taken from *Spinning Plates* by Anna Stanford, photography by Chris Terry, published by Hamlyn, £22.

PER SERVING:

Calories: **713,** Fat **25.9g,** Saturates **7g,** Carbohydrate **43.4g,** Sugars **5.7g,** Fibre **2.3g,** Protein **73.1g,** Salt **1.4g**

Warm vibrant salad

By Fern Green

Serves **2** | *Prep* **5 mins** | *Cook* **40 mins**

1 red onion, peeled, halved
1 lemon, halved
1 aubergine/eggplant, halved lengthwise
1 courgette/zucchini, halved lengthwise
1 large ripe tomato
a pinch of dried red chilli flakes
6 kalamata olives
1 garlic bulb
100g (½ cup) Greek yoghurt
3 mint sprigs, chopped
1 tbsp chopped parsley
30g (¼ cup) feta cheese
salt and freshly ground black pepper
olive oil

1 Score the aubergine and courgette in criss-cross patterns in 5mm intervals. Place them face down on the drawer of the air fryer. Add the onion and lemon face down, and a whole garlic bulb. Spray with oil and air fry at 200°C/400°F for 30 minutes.

2 For the dressing, grate the tomato into a bowl and discard the skin. Squeeze over the cooked lemon and 2 tbsp olive oil. Cut the olives up, discard the pips, then add them to the dressing along with the dried chilli flakes. Season to taste.

3 Squeeze the garlic out of the bulbs and mix it into the yoghurt. Add 1 tbsp olive oil, season and stir to combine.

4 To serve, spread the yoghurt on the base of a bowl or plate. Lay the vegetables on top, then spoon over the dressing and sprinkle over the feta and herbs.

PER SERVING:
Calories: **158,** Fat **6.4g,** Saturates **3.1g,** Carbohydrate **20g,** Sugars **10.7g,** Fibre **5g,** Protein **7.9g,** Salt **0.5g**

Pesto and mozzarella toast with tomato & basil salad

By Niki Webster (www.rebelrecipes.com)

Serves **2** | *Prep* **10 mins** | *Cook* **8 mins**

FOR THE TOAST
2 thick slices of sourdough or crusty bread
2 tbsp homemade or shop bought pesto, per slice
80g (⅔ cup) mozzarella, sliced
2 cherry tomatoes, sliced
olive oil spray, or drizzle

FOR THE SALAD
150g (5½oz) cherry tomatoes, halved
a handful of fresh basil, torn
1 tsp balsamic vinegar
1 tsp olive oil
salt and freshly ground black pepper

1 Spread the pesto over the bread, top with mozzarella slices and cherry tomatoes, then air fry at 190°C/375°F for 6-8 minutes until the cheese is bubbling and golden.

2 In a bowl, toss the tomatoes with the basil, balsamic, olive oil, salt and pepper.

3 Plate toast with the tomato salad on the side and a little extra pesto or balsamic to serve.

PER SERVING:
Calories **509,** Fat **21.1g,** Saturates **6.5g,** Carbohydrate **57.8g,** Sugars **7.9g,** Fibre **3.6g,** Protein **23.2g,** Salt **1.1g**

Spiced sausage rolls

By Sanam spices (www.sanamspices.com)

Makes **8** | *Prep* **15 mins** | *Cook* **10-15 mins**

FOR THE FILLING

- 500g (1lb 1oz) sausagemeat (or good-quality sausages, skins removed)
- 1 small onion, peeled, finely chopped
- 2 garlic cloves, peeled, minced
- 2.5cm (1in) piece of fresh ginger, grated
- 1 red chilli, finely chopped (optional)
- 1 tsp Sanam's Garlic Powder
- 1 tsp Sanam's Ground Cumin
- 1 tsp Sanam's Coriander Powder
- ½ tsp Sanam's Turmeric Powder
- ½ tsp Sanam's Paprika Powder
- 2 tbsp chopped fresh coriander, plus extra for garnish
- juice of ½ a lemon
- salt and freshly ground black pepper, to taste

TO ASSEMBLE

- 1 sheet of ready-rolled puff pastry
- 1 free-range egg, beaten
- ¼ tsp Sanam's Turmeric Powder (to mix into the egg wash)
- 1 tsp Sanam's Cumin Seeds
- 1 tsp Sanam's Nigella Seeds

1 Preheat the air fryer to 180°C/360°F for 3-5 minutes.

2 For the filling, in a large bowl, combine the sausagemeat with the onion, garlic, ginger, chilli, all the Sanam's spices, lemon juice and chopped coriander. Mix well and season with salt and pepper.

3 Unroll the puff pastry and cut it in half lengthwise to create two long rectangles.Divide the sausage mixture into two portions and shape each into a long sausage down the centre of each strip.

4 Beat the egg together with the turmeric for a deep golden glaze. Brush one long edge of each pastry strip with the turmeric egg wash, fold over the other side to enclose the filling, then press gently to seal. Trim any excess pastry.

5 Slice into smaller rolls and brush each with more turmeric egg wash. Sprinkle generously with cumin and Nigella seeds.

6 Place the rolls in the air fryer basket, leaving space between each one for even airflow, then cook for 12-15 minutes, or until the pastry is golden, puffed and crisp, and the filling is fully cooked. Check after 10 minutes – cooking times may vary slightly depending on your air fryer model. Serve warm, garnished with fresh coriander.

TIP: These sausage rolls are ideal with a cooling yoghurt dip, a punchy mango chutney, or spiced tomato relish.

PER SAUSAGE ROLL:

Calories: **310,** Fat **25.3g,** Saturates **8.5g,** Carbohydrate **9.2g,** Sugars **0.1g,** Fibre **0.8g,** Protein **11.1g,** Salt **0.6g**

Mezze sharing platter

By Sam Jones (@nomeatdisco)

Serves **2-4** | *Prep* **15 mins** | *Cook* **20 mins**

½ an aubergine/eggplant, chopped into small pieces
1 courgette/zucchini, chopped into small pieces
400g (14oz) tinned chickpeas
1 tbsp peri peri marinade
1 tsp smoked paprika
1 tsp ground cumin seeds
a glug of olive oil
a handful of cherry tomatoes
a handful of fresh parsley
½ a red onion, peeled, chopped
a glug of balsamic glaze
salt, to taste
1 pack of Oumph! Kebab Spiced (280g)
spray oil
1 large flatbread
1 ripe avocado
sun-dried tomatoes
fresh salad
olives
hummus
sour cream
green chillies

1 Place the aubergine and courgette pieces in a bowl and add the chickpeas and peri peri marinade. Mix in the paprika and cumin and a glug of olive oil and cook in a the basket of the air fryer at 200°C/400°F for 15 minutes.

2 In another bowl, mix together the tomatoes, parsley, red onion, olive oil, balsamic glaze and a little salt, to taste.

3 Air fry the Oumph! Kebab Spiced pieces for 4-5 minutes with a little spray of oil. If you're cooking from frozen, add a few minutes to the cooking time.

4 Heat the flatbread in the oven for about 5 minutes. Meanwhile, mash the avocado.

5 Build your mezze sharing platter by placing all the ingredients on top of the flatbread.

PER SERVING:

Calories: **576,** Fat **25.9g,** Saturates **3.8g,** Carbohydrate **64g,** Sugars **11.9g,** Fibre **14.9g,** Protein **29.4g,** Salt **0.4g**

COOKING CHARTS

Get the most out of your air fryer with this simple guide to cooking times...

Cooking times may vary based on the thickness of your food, the quality and the air fryer model. To ensure you get the best results, make sure to turn your food (or shake) halfway through the cooking time.

All images: iStock.com

Meat

	Temp	Cooking time	Notes
CHICKEN			
Diced	205°C/400°F	12 mins	
Whole chicken	185°C/365°F	1 hour 10 mins	start breast-side down, turn halfway
Breasts (on the bone)	190°C/375°F	30 mins	turn halfway
Breasts (boneless)	185°C/365°F	15 mins	turn halfway
Drumsticks	180°C/355°F	25 mins	turn halfway
Tenders (goujons)	180°C/355°F	11 mins	turn halfway
Thighs (on the bone)	205°C/400°F	22 mins	turn halfway
Thighs (boneless)	190°C/375°F	20 mins	turn halfway
Wings	190°C/375°F	18 mins	turn halfway
LAMB			
Leg	190°C/375°F	24 mins	turn halfway
Rack	190°C/375°F	22 mins	turn halfway
Roasting joint	180°C/355°F	20 mins per 450g	turn halfway
Lamb chops	180°C/355°F	12 mins	turn halfway
Burgers	180°C/355°F	10 mins	turn halfway
Kofta	180°C/355°F	8-10 mins	turn halfway
PORK			
Bacon	180°C/355°F	7 mins	turn halfway
Pork chops	180°C/355°F	30-35 mins	turn halfway
Shoulder	180°C/355°F	15 mins per 450g	rind-side down for 1 hour, then turn
Sausages	180°C/355°F	10 mins	turn halfway
BEEF			
Burgers	180°C/355°F	10 mins	turn halfway
Steak	200°C/395°F	8 mins rare 10 mins medium 12 mins well done	turn halfway
Roasting joint	180°C/355°F	15 mins per 450g (rare) 10 mins 450g (medium)	turn halfway
Meatballs	190°C/375°F	9 mins	turn halfway

Seafood

	Temp	Cooking time	Notes
Calamari	180°C/355°F	7 mins	turn halfway
Cod fillets	180°C/355°F	12 mins	turn halfway
Fish cakes	180°C/355°F	10-12 mins	turn halfway
Fish fingers	180°C/355°F	12 mins	turn halfway
King prawns	180°C/355°F	4 mins	turn halfway
Salmon fillets	180°C/355°F	12 mins	turn halfway
Scallops	200°C/395°F	6 mins	turn halfway

Vegetables

	Temp	Cooking time	Notes
Aubergine	200°C/395°F	15 mins	turn halfway
Beetroot (whole)	180°C/355°F	35 mins	turn halfway and keep checking
Beetroot (sliced)	180°C/355°F	25 mins	turn halfway and keep checking
Courgette	180°C/355°F	12 mins	turn 2-3 times
Asparagus	200°C/395°F	7 mins	turn halfway
Broccoli	200°C/395°F	6 mins	turn halfway
Brussels sprouts	190°C/375°F	16 mins	turn halfway
Butternut squash (chopped)	200°C/395°F	15 mins	turn halfway
Carrots (baby or chopped)	200°C/395°F	15 mins	turn halfway
Cauliflower (whole)	180°C/355°F	35 mins	turn halfway
Cauliflower (chopped)	200°C/395°F	14 mins	turn halfway
Corn on the cob	200°C/395°F	8 mins	turn halfway
Green beans	200°C/395°F	9 mins	turn halfway
Kale	190°C/375°F	5 mins	shake halfway
Mushrooms (button)	190°C/375°F	12 mins	turn halfway
Mushrooms (whole)	200°C/395°F	6 mins	turn halfway
Onions	200°C/395°F	10 mins	turn halfway
Peppers (sliced)	180°C/355°F	13 mins	turn halfway
Potatoes (jacket)	200°C/395°F	45 mins	turn halfway
Potatoes (roast)	200°C/395°F	30 mins – parboil for 5 mins first	shake basket halfway
Potatoes (chips)	180°C/355°F	25 mins	shake basket halfway
Potatoes (wedges)	180°C/355°F	25 mins	shake basket halfway
Sweet potato	190°C/375°F	30-35 mins	turn halfway
Tomatoes (cherry)	200°C/395°F	4 mins	
Tomatoes (halves)	180°C/355°F	10 mins	turn halfway

Frozen food

	Temp	Cooking time	Notes
Chicken nuggets	200°C/395°F	10 mins	turn halfway
French fries	200°C/395°F	14-16 mins	turn/shake halfway
Onion rings	200°C/395°F	8 mins	turn halfway
Oven-style chips	200°C/395°F	15-20 mins	turn/shake halfway
Pizza	200°C/395°F	5-10 mins	
Sausage rolls	200°C/395°F	15 mins	turn halfway
Spring rolls	200°C/395°F	15-20 mins	turn halfway

Sweet treats

	Temp	Cooking time	Notes
Churros	180°C/355°F	13 mins	turn halfway
Cinnamon rolls	180°C/355°F	9 mins	turn halfway
Cookies	180°C/355°F	5 mins	
Cupcakes	180°C/355°F	15 mins	
Doughnuts	180°C/355°F	5 mins	

Others

	Temp	Cooking time	Notes
Eggs	120°C/250°F	soft – 9 mins medium – 13 mins hard – 16 mins	
Falafel	190°C/375°F	12 mins	turn halfway
Tofu	190°C/375°F	15 mins	turn halfway

Meat-free January!

Veganuary RECIPES

Join the New Year buzz of simple and wholesome plant-based cooking...

CARROT BACON BLT - P36

Korean cauliflower with sticky gochujang sauce

By Fern Green

Serves **2-3** | *Prep* **10 mins** | *Cook* **12-17 mins per batch**

1 medium cauliflower head, cut into small florets

180g (1½ cups) plain/all-purpose flour

1 tbsp cornflour/cornstarch

½ tbsp baking powder

½ tsp salt

½ tsp garlic powder

¼ tsp black pepper

210ml (1 cup) sparkling water, extra cold

spray oil

FOR THE CHILLI SAUCE

60ml (¼ cup) maple syrup

3 tbsp soy sauce

1 large garlic clove, peeled, grated

1 tbsp grated ginger

1 tbsp apple cider vinegar

½ tbsp sesame oil

2½ tbsp gochujang paste

2 tbsp mirin

1 tbsp cornflour/cornstarch

TO SERVE

toasted sesame oil

chopped spring onions

toasted white sesame seeds

a squeeze of lime.

1. Preheat the air fryer to 200°C/400°F. Line the basket with parchment paper.
2. In a large bowl, combine the flours, powders and salt and pepper. Stir through cold sparkling water until just combined. It should be the consistency of a thick pancake batter.
3. Coat the cauliflower evenly in the batter and place in the air fryer basket. Keep in a single layer, and do not overcrowd. You may need to do this in batches. Spray with oil, then air fry for 12-17 minutes, flipping halfway through cooking.
4. Meanwhile, add all the sauce ingredients to a blender and blitz for 1 minute. Pour 3 tablespoons of the sauce into a small bowl and mix with 2 tbsp cornflour. Pour the remaining sauce into a small saucepan and heat on medium-low. Simmer on low for 3-5 minutes until the sauce thickens, then remove from the heat.
5. Toss the cauliflower into the sauce and serve on a bed of rice with spring onion, lime and toasted sesame seeds.

PER SERVING:

Calories: **405,** Fat **6.8g,** Saturates **1.2g,** Carbohydrate **76.9g,** Sugars **18g,** Fibre **4.8g,** Protein **10.1g,** Salt **0.7g**

Cauliflower wings

By Romy London (www.romylondonuk.com)

Serves **4** | *Prep* **20 mins** | *Cook* **8-10 mins per batch**

FOR THE BATTER

- 4 tbsp chickpea/gram flour
- 2 tsp smoked paprika
- 1 tsp turmeric
- 1 tsp freshly ground black pepper
- 1 tsp chilli powder (optional)
- 5-8 tbsp plant milk (soy, oat or almond)
- 1 cauliflower head, cut into florets

FOR THE BREADCRUMB COATING

- 6 tbsp panko breadcrumbs
- 1 tsp sea salt
- 1 tsp freshly ground black pepper
- 2 tsp smoked paprika
- your favourite dip, to serve

1. Wash the cauliflower and cut into florets – don't discard the stem as you can batter and coat it for extra bites.
2. For the batter, combine all the dry ingredients in a bowl, then slowly whisk in the milkuntil you get a thick but pourable batter.
3. In a separate bowl, mix together the panko, salt, pepper and paprika.
4. Dip each floret, and the stem pieces, into the batter, then let any excess drip off for about 5 seconds, then coat fully in the breadcrumb mixture. Set aside on a plate.
5. Preheat the air fryer to 180°C/350°F. Arrange the coated cauliflower in a single layer in the basket – don't overcrowd it, then air fry for 8-10 minutes, shaking the basket halfway through, until golden and crunchy. You may need to do this in batches.
6. Serve hot with your favourite dip.

***TIP:** For extra crunch, spray the florets lightly with oil before frying.*

PER SERVING:

Calories: **247,** Fat **3.8g,** Saturates **0.8g,** Carbohydrate **45.3g,** Sugars **9g,** Fibre **5.8g,** Protein **10g,** Salt **1g**

Carrot bacon BLT

By Romy London (www.romylondonuk.com)

Makes **2** | *Prep* **15 mins plus marinating** | *Cook* **8-10 mins**

FOR THE CARROT BACON

- 2 large carrots, peeled
- 3 tbsp tamari or soy sauce
- 1 tbsp maple syrup
- 2 tbsp nutritional yeast
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp freshly ground black pepper

FOR THE SANDWICH

- 4 slices of bread, toasted
- 2 tbsp vegan mayonnaise
- 1 large salad tomato
- 4 large lettuce leaves (romaine or iceberg)
- 4-5 slices of vegan carrot bacon

OPTIONAL TOPPINGS

avocado slices, microgreens, pickles, slaw

1. Shave the peeled carrots into thin ribbons using a vegetable peeler. Whisk the tamari, maple syrup, nutritional yeast, smoked paprika, garlic powder, onion powder and black pepper together in a bowl. Add the carrot ribbons, coat well, then marinate in the fridge for 30 minutes.
2. Lightly oil the air fryer basket or line it with perforated parchment. Lay the carrot slices in a single layer so they don't overlap, then air fry at 160°C/320°F for 8-10 minutes, flipping halfway through. Keep an eye on them towards the end as they can crisp quickly. Remove and let them cool slightly; they firm up as they rest.
3. Toast the bread. Wash and dry the lettuce. Slice the tomato and prepare any optional toppings you want to add.
4. Spread vegan mayo onto each slice of toasted bread. Layer with tomato slices, lettuce and 4-5 pieces of carrot bacon on two slices of bread. Add extras if using. Top with the remaining slices of bread (mayo side down). Slice and serve immediately.

***TIP:** Store leftover carrot bacon in the fridge for up to 3 days. Reheat in the air fryer for a couple of minutes to bring back the crispiness.*

PER SANDWICH:

Calories: **324,** Fat **7.3g,** Saturates **1g,** Carbohydrate **51g,** Sugars **14.4g,** Fibre **5.9g,** Protein **14.9g,** Salt **1.4g**

Sweet chilli & lime maple glazed tofu

By Maple from Canada (www.maplefromcanada.co.uk)

Serves **2** | *Prep* **10 mins** | *Cook* **15-18 mins**

FOR THE TOFU

- 300g (10½oz) firm tofu
- 1 tbsp cornflour/cornstarch
- neutral oil spray
- a pinch of salt

FOR THE GLAZE

- 2 tbsp sriracha sauce
- 1 tbsp maple syrup
- juice of ½ a lime
- 1 tsp soy sauce

TO SERVE

- jasmine rice or noodles
- blanched greens (e.g. broccoli or pak choi)
- coriander/cilantro, spring onions/scallions, sesame seeds

1. Pat the tofu dry and cut it into cubes, then toss in the cornflour with a pinch of salt. Lightly spray with oil.
2. Place in the air fryer basket, then cook at 200°C/400°F for 15-18 minutes, shaking once halfway through, until golden and crispy on the edges.
3. For the glaze, combine the sriracha, maple syrup, lime juice and soy sauce in a small pan, then simmer for 2-3 minutes until slightly thickened.
4. Toss the crispy tofu in warm glaze until evenly coated and glossy.
5. Serve over rice or noodles, topped with greens and your choice of garnish.

PER SERVING:

Calories: **330,** Fat **14.8g,** Saturates **2.2g,** Carbohydrate **29.1g,** Sugars **6.7g,** Fibre **4.4g,** Protein **25.7g,** Salt **0.4g**

Miso aubergine

By Romy London (www.romylondonuk.com)

Serves **2** | *Prep* **10 mins** | *Cook* **12-15 mins**

- 1 large aubergine/eggplant
- 1 tbsp white miso paste
- 2 tsp tamari soy sauce
- 1 tsp apple cider vinegar or rice vinegar
- 1 tbsp sesame seeds, plus extra to serve (optional)
- 1 tbsp water
- chilli flakes, to serve (optional)
- cooked rice, steamed veg, noodles, to serve (optional)

1. Wash the aubergine and slice it in half lengthwise. Score the flesh in a criss-cross pattern, keeping the cuts about 1cm (½in) apart.
2. Stir together the miso paste, tamari, vinegar, water and sesame seeds (if using) until smooth.
3. Lightly oil the bottom of the air fryer basket or line it with a small piece of parchment. Place the aubergine halves inside, cut-side up.
4. Spoon the miso glaze mixture generously over the cut sides, making sure it seeps into the scored lines.
5. Cook at 180°C/360°F for 12-15 minutes, or until the aubergine is soft, golden and slightly caramelised on top. If your air fryer runs hot, start checking around the 10-12 minute mark.
6. Finish with extra sesame seeds or chilli flakes if you like, and serve with rice, steamed greens, noodles, or whatever you fancy.

PER SERVING (WITH RICE):

Calories: **392,** Fat **3.8g,** Saturates **0.6g,** Carbohydrate **80g,** Sugars **7.7g,** Fibre **9.2g,** Protein **9.9g,** Salt **0.6g**

Banana blossom 'fish' and chips

Serves **2** | *Prep* **20 plus marinating** | *Cook* **25 mins**

FOR THE 'FISH'
- 2 tbsp lemon juice
- 2 tbsp caper brine
- 2 tbsp gherkin pickling vinegar
- 4 banana blossom pieces
- 2 sheets of nori seaweed, cut in half

FOR THE BREADED COATING
- 200g (1¾ cups) plain/all-purpose flour
- 200ml (1 scant cup) water
- 100g (⅔ cup) breadcrumbs

FOR THE CHIPS
- 3 medium potatoes
- 3 tbsp olive oil

FOR THE TARTAR SAUCE
- 60ml (¼ cup) soya milk
- 120ml (½ cup) olive oil
- ½ tbsp cider vinegar
- 2 tbsp capers, chopped
- 2 gherkins, finely diced
- 1 dill sprig, chopped

FOR THE CRUSHED PEAS
- 200g (1⅓ cup) frozen peas
- 2 tbsp dairy-free butter
- 1 tsp mint sauce

1 Place the lemon juice, caper brine and gherkin pickling vinegar in a bowl; add the banana blossom pieces and leave to marinate for 30 minutes. Once marinated, wrap half a sheet of nori around each of the banana blossom pieces.

2 For the bread coating, whisk half the flour and all of the water together to make a batter. Coat the banana blossom pieces in the remaining flour, then dip the pieces into the batter before coating them in the breadcrumbs. Place the coated blossoms into the fridge until ready to bake.

3 For the chips, cut the potatoes into approximately 2cm (¾in) thick sticks, add to a saucepan, fill the pan with water and bring to the boil. Boil for roughly 10 minutes or until the chips are starting to soften. Drain the chips in a colander, then transfer to a baking tray, drizzle with the olive oil and set aside.

4 For the tartar sauce, using a stick blender, blend the milk, oil and cider vinegar until thick. Once blended, mix in the capers, gherkins and dill.

5 To make the crushed peas, add the peas and butter to a pan over a medium heat. Cook for 5 minutes. Add the mint sauce and mash with a potato masher or a fork.

6 Cook both the banana blossoms and chips in the air fryer at 200°C/400°F for 15 minutes.

PER SERVING:
Calories **1081,** Fat **29.2g,** Saturates **4.6g,** Carbohydrate **178.6g,** Sugars **13.5g,** Fibre **19.4g,** Protein **28.4g,** Salt **2g**

Crispy tempeh tacos

By Nush (www.nushfoods.co.uk)

Serves **4** | *Prep* **15 mins** | *Cook* **10 mins**

FOR THE SLAW

1 carrot, finely sliced or grated

½ an apple, finely sliced or grated

60g (2oz) red cabbage, finely sliced

60g (2oz) white cabbage, finely sliced

2 spring onions/ scallions, finely sliced

1 tub Nush Natural Almond Cream Ch*ese

2 tsp sriracha or chilli sauce

a pinch of salt

FOR THE CRISPY TEMPEH

380g (13.4oz) tempeh, cubed or sliced

1 tbsp cornflour/ cornstarch

2 tbsp soy sauce

2 tbsp extra-virgin olive oil

½ tsp garlic powder

½ tsp smoked paprika

½ tsp ground cumin

a pinch of salt

TO SERVE

8 mini wraps

vegan mayonnaise

sliced spring onions/ scallions

1 cucumber, sliced into ribbons

sesame seeds, to garnish

chilli flakes, to garnish

1. Prepare the slaw by combining the cream cheese, sriracha and salt, then add the chopped veg and fruit. Combine. Place the bowl in the fridge while you prepare the tempeh.
2. Place the cornflour in one shallow dish or bowl. Combine the soy sauce, olive oil, garlic powder, smoked paprika, ground cumin and salt in another dish.
3. Coat the tempeh pieces in the cornflour, ensuring each piece is evenly coated. Shake off any excess, then coat the pieces evenly in the marinade.
4. Cook in the air fryer at 200°C/400°F for 10 minutes, turning the pieces halfway through. You may need to cook in two batches.
5. Add some mayo to the wraps, then load up with crispy tempeh, slaw, cucumber ribbons, sliced spring onions, sesame seeds and chilli flakes.

PER SERVING:

Calories: **616,** Fat **33.8g,** Saturates **9.2g,** Carbohydrate **54g,** Sugars **9.9g,** Fibre **3.5g,** Protein **28.7g,** Salt **1g**

Squash tagine with apricots & chickpeas

Serves **4** | *Prep* **10 mins** | *Cook* **20 mins**

1 medium squash, peeled, cubed
2 tbsp olive oil
1 red onion, peeled, sliced
3 garlic cloves, peeled, chopped
1 tsp ground cumin
1 tbsp smoked paprika
½ tsp cinnamon
2 tbsp harissa paste
400g (14oz) tinned chopped tomatoes
400g (14oz) tinned chickpeas, drained
250ml (1 cup) vegetable stock
8-10 dried apricots, chopped
salt and freshly ground black pepper

TO SERVE

fresh coriander
flaked almonds

1. Preheat the air fryer to 180°C/360°F.
2. Toss the squash cubes in 1 tbsp olive oil and a pinch of salt. Air fry for 20-25 minutes until golden and tender.
3. Meanwhile, heat 1 tbsp olive oil in a large pan. Add the onion and garlic, and sauté for 3-4 minutes. Stir in the cumin, paprika, cinnamon and harissa paste and cook for another minute. Add the chopped tomatoes, chickpeas, apricots and veg stock. Simmer gently for 10 minutes. Stir in the roasted squash and season to taste.
4. Serve topped with fresh coriander and flaked almonds.

PER SERVING:

Calories **352,** Fat **10.7g,** Saturates **1.3g,** Carbohydrate **62g,** Sugars **29.6g,** Fibre **12.4g,** Protein **9.4g,** Salt **0.3g**

Fish-style fillet tacos with smoky citrus cashew cream

By The Fry Family Food Co (www.fryfamilyfood.com/uk)

Serves **4** | *Prep* **20 mins** | *Cook* **20 mins**

FOR THE CASHEW CREAM

- 500ml (2¼ cups) boiling water
- 150g (1 cup) raw cashews
- 125ml (½ cup) water
- ½ tsp garlic powder
- ½ tsp smoked paprika
- finely grated zest and juice of 1 lime
- 1-2 tbsp Tabasco (optional)
- salt and freshly ground black pepper

FOR THE TACOS

- olive oil
- 2 corn cobs, charred
- 2 x 240g boxes of Fry's Fish-style Fillets (available in Iceland stores)
- 8 soft corn tacos
- 35g (1¼oz) shredded red cabbage
- 35g (1¼oz) shredded Cos lettuce
- 400g (14oz) tinned black beans, drained
- 100g (3½oz) baby tomatoes, quartered
- 1 large avocado, diced
- 2 spring onions, thinly sliced
- a small bunch of coriander, washed
- 2 limes, quartered

1. Add the cashews to a medium-sized bowl and cover with boiling water. Let them steep for 2 hours, then drain. Add the nuts and the rest of the ingredients to a food processor and blitz until smooth. If the cream is too thick, loosen with a tablespoon or two of water. Season to taste, then cover and place into the fridge until needed.
2. Set a griddle pan or cast-iron pan over a high heat. Brush the corn with a little olive oil, then griddle for a few minutes on each side until nicely charred. Remove from the heat; allow to cool before slicing the charred corn off the cobs.
3. Cook the Fry's Fishless fillets in the air fryer at 200°C/400°F for 10-15 minutes, flipping them halfway through.
4. Warm each taco in a dry frying pan or the air fryer; stack them in a pan, sealing with a lid after each addition, to keep them warm and soft.
5. To assemble, add a mix of cabbage and lettuce to each taco. Add the black beans, chopped tomatoes and avocado chunks. Add a fish-style fillet to each taco and drizzle with cashew cream. Finish with a sprinkling of sliced spring onions, some coriander and a squeeze of fresh lime.

PER SERVING:

Calories: **420,** Fat **27.9g,** Saturates **5.9g,** Carbohydrate **43.7g,** Sugars **5.2g,** Fibre **8.4g,** Protein **23.7g,** Salt **0.7g**

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Midwek Meals

RECIPES

Create quick dinners to take the stress out of your weeknights...

ZA'ATTAR HALLOUMI CUCUMBER SALAD- P52

Chickpea nuggets

Makes **20** | *Prep* **15 mins** | *Cook* **15 mins**

FOR THE NUGGETS

400g (14oz) tinned chickpeas, drained

45g (½ cup) oats, blitzed to make a flour

½ a courgette, grated

1 small carrot, peeled, grated

1 tbsp milled linseeds

3 tbsp chickpea/gram flour

4 tbsp nutritional yeast

1 tsp salt

1 tsp onion powder

1 tsp garlic powder

50g (½ cup) vegan cheese, grated

1-2 tbsp water (if needed)

FOR THE NUGGET COATING

150g (1 cup) panko breadcrumbs

aioli or dip of your choice, to serve

1 Preheat the air fryer to 200°C/400°F.

2 In a bowl, mash the drained chickpeas with a potato masher until all are fully smashed. Add the blitzed oats, courgette and carrot, then stir to combine.

3 Add the milled linseeds, chickpea flour, nutritional yeast, salt, onion powder, garlic powder and cheese. Stir together with a wooden spoon or mash together with your hands. Add a little of the water, if needed, to make the mixture pliable.

4 To make the nuggets, roll the mixture into golf-ball-size balls, then squash gently to form a roundish nugget shape.

5 Pour the breadcrumbs into a shallow dish and, one-by-one, dip the nuggets in, ensuring each nugget is fully coated. Place in the air fryer basket and cook for 15 minutes until browned.

6 Serve with an aioli or dip of your choice.

PER NUGGET:

Calories **83,** Fat **1.7g,** Saturates **0.6g,** Carbohydrate **14.5g,** Sugars **1.3g,** Fibre **2g,** Protein **3.5g,** Salt **0.5g**

Spaghetti Bolognese

By Sam Milner (www.kitchengadgetsclub.com)

Serves **4** | *Prep* **5 mins** | *Cook* **40 mins**

500g (1lb 1oz) minced/ground beef

500g (2 cups) pasta sauce

1 brown onion

1 tbsp extra-virgin olive oil

225g (8oz) dried spaghetti

2 tbsp garlic purée/paste

2 tbsp tomato purée/paste

2 tbsp mixed herbs or Italian seasoning

2 tbsp dried basil

salt and freshly ground black pepper

Parmesan, to garnish

1. Remove the crisp plate from the dual drawer or, if using a basket air fryer, use a deep container. Peel and dice the onion and place into the drawer along with the olive oil. Air fry for 8 minutes at 180°C/360°F.
2. Add the mince, half the pasta sauce, breaking up the mince as you stir it in. Air fry for 3 minutes at the same temperature. Add the seasonings, purée and give it a generous pinch of salt and pepper.
3. Stir, then break the spaghetti in half and add over the Bolognese. Or, if you prefer, it will cook quicker if broken into thirds. Add an extra jar of pasta sauce, making sure it covers the pasta.
4. Air fry for 30 minutes, stirring every 10 minutes to help the spaghetti cook. If it's not soft enough, add an extra 5 minutes to the cooking time. Sprinkle with Parmesan and serve.

PER SERVING:

Calories: **533,** Fat **21.1g,** Saturates **7.7g,** Carbohydrate **55.7g,** Sugars **6.5g,** Fibre **7.4g,** Protein **35.9g,** Salt **1.2g**

Popcorn 'chick'n'

Serves **4** | *Prep* **10 mins plus soaking** | *Cook* **15-20 mins**

100g (2 cups) dehydrated soya chunks

480ml (2 cups) vegetable stock

230g (2 cups) rice flour

3 tsp garlic powder

2 tsp onion powder

2 tsp smoked paprika

2 tsp dried rosemary (optional)

1 tsp freshly ground black pepper

½ tsp salt

1 tbsp apple cider vinegar

240ml (1 cup) soya milk

2 tbsp maple syrup

90g (1½ cups) panko breadcrumbs

a little vegetable oil or spray oil, to coat popcorn for cooking

1. Preheat the air fryer to 180°C/360°F. Line with baking parchment.
2. In a large bowl, combine the soya chunks, 1 tsp garlic powder and enough stock to cover the soya chunks. Soak for about 20 minutes or until the chunks are soft and rehydrated. Squeeze out any excess liquid and set aside for later use.
3. In another bowl, mix together 60g (½ cup) rice flour, 2 tsp garlic powder, the onion powder, smoked paprika, rosemary (if using), salt and pepper, then set aside.
4. In a jug, mix together the soya milk, maple syrup and apple cider vinegar and set aside for 10 minutes to curdle — this will be the buttermilk.
5. Once the buttermilk is ready, pour it into the rice flour mix and whisk to form a batter, then add 4 tbsp vegetable stock left over from the soya chunks.
6. Start adding the soya chunks into this mix, a small batch at a time, ensuring they are completely coated in batter. Then, in a separate shallow dish, toss the battered chunks in the remaining rice flour.
7. Dip the coated chunks back into the batter, then toss in a bowl of panko breadcrumbs, then place in air fryer basket. Lightly spray with oil, then cook for 15-20 minutes, or until they begin to brown. Serve with your favourite dipping sauces.

PER SERVING:

Calories **458,** Fat **6.9g,** Saturates **0.8g,** Carbohydrate **81g,** Sugars **7.3g,** Fibre **8g,** Protein **23g,** Salt **1.8g**

Cheesy potato muffins

By Denise Smart

Makes **6** | *Prep* **15 mins plus cooling** | *Cook* **25 mins**

100g (3½oz) baby spinach

1 large free-range egg

4 tbsp milk

4 tbsp sunflower oil

125g (1 cup) plain/all-purpose flour

1 tsp baking powder

2 spring onions/scallions, finely chopped

50g (½ cup) Cheddar cheese, grated

salt and freshly ground black pepper

FOR THE PAPRIKA POTATOES

1 potato (about 100g (3½oz)), peeled, cut into 1.5cm (¾in) dice

1 tsp sunflower oil

½ tsp smoked paprika

1 Line 6 small ramekins or cake tins with paper muffin cases. For the paprika potatoes, place the potato in a small bowl, drizzle over the oil and add the paprika. Season well and toss to coat. Cook in a preheated air fryer at 180°C/360°F for 8-10 minutes, shaking the basket once, until tender. Allow to cool.

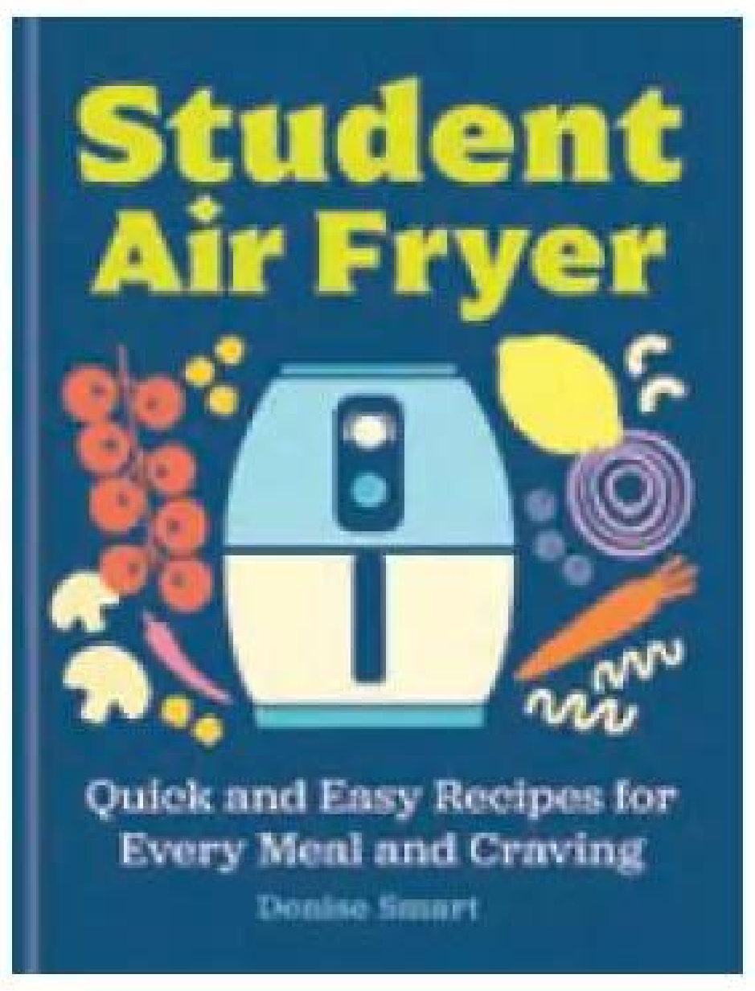
2 Meanwhile, place the baby spinach in a colander and pour over boiling water to wilt. Allow to drain and, when cool enough to handle, squeeze out the excess water. Roughly chop.

3 Beat together the egg, milk and oil in a jug. Place the flour in a large bowl with the baking powder, spring onions and most of the cheese, reserving a little for the tops. Mix well, then stir in the wet ingredients, the potatoes and the spinach.

4 Divide the mixture between the paper cases and sprinkle the tops with the reserved cheese. Cook at 160°C/325°F for 14-15 minutes, until a cocktail stick inserted into a muffin comes out clean. Allow to cool slightly on a wire rack, then serve warm or cold.

***TIP:** Any remaining muffins can be stored in an airtight container for 2-3 days, or placed individually in freezer bags and frozen. Place them in your lunch box frozen – they will defrost by lunchtime!*

Recipe taken from *The Student Air Fryer* by Denise Smart, photography by William Shaw, published by Hamlyn, £16.99



PER MUFFIN:

Calories: **234,** Fat **14.2g,** Saturates **3.1g,** Carbohydrate **20.5g,** Sugars **1.1g,** Fibre **1.4g,** Protein **6.3g,** Salt **0.2g**

Sausage and potato salad tray

By Sam Milner (www.kitchengadgetsclub.com)

Serves **2** | *Prep* **6 mins** | *Cook* **30 mins**

- 6 chipolata sausages
- 225g (8oz) baby potatoes
- 1 tbsp extra-virgin olive oil
- 1 tsp sweet paprika
- 1 tsp dried oregano
- ½ a gem lettuce
- 6 cherry tomatoes
- 55g (2oz) Gouda cheese
- salt and freshly ground black pepper

1. Chop the baby potatoes into thirds to make small baby potatoes. Add to a mixing bowl with the olive oil and season with salt and pepper, sweet paprika and oregano. Mix well with your hands.
2. Place them into the air fryer and air fry at 180°C/360°F for 20 minutes or until fork tender.
3. Meanwhile, chop and rinse the lettuce and sprinkle over the tray. Slice the tomatoes in half, chop the cheese into bite-sized pieces, then sprinkle over the lettuce.
4. When the air fryer beeps, shake the potatoes and make sure they are fork tender, then slice the sausages and add them to the air fryer. You can chop the sausages into smaller pieces if you like. Stir into the potatoes then air fry for a further 8 minutes.
5. Top the salad with the potatoes and sausages, then serve.

PER SERVING:
Calories: **607,** Fat **56.1g,** Saturates **17.1g,** Carbohydrate **24.2g,** Sugars **2.9g,** Fibre **4g,** Protein **24.5g,** Salt **1.1g**

Za’atar halloumi on whipped tahini with cucumber salad

By Niki Webster (www.rebelrecipes.com)

Serves **2** | *Prep* **15 mins** | *Cook* **10 mins**

FOR THE HALLOUMI

200g (7oz) halloumi, sliced into 6-8 pieces
2 tbsp za’atar
1 tbsp olive oil

FOR THE WHIPPED TAHINI

3 tbsp tahini
2 tbsp Greek yoghurt
juice of ½ a lemon
2 tbsp olive oil
1 small garlic clove, peeled, grated
2-3 tbsp cold water
salt, to taste

FOR THE CUCUMBER SALAD

½ a cucumber, sliced
a small handful of mint, chopped
juice of ½ a lemon
1 tsp olive oil
a pinch of salt
pomegranate seeds, to serve (optional)
chiil oil, to serve (optional)

1. Toss halloumi in the za’atar and olive oil, then air fry at 200°C/400°F for 8-10 minutes, flipping halfway, until golden and crisp.
2. Mix together the tahini, lemon juice, garlic and salt. Slowly whisk in the water until smooth and creamy.
3. Toss the cucumber with the mint, lemon juice, olive oil and salt.
4. Spread the tahini on plates, top with the hot halloumi and serve with cucumber salad on the side. Add pomegranate seeds or chilli oil if desired.

PER SERVING:

Calories **532,** Fat **46.6g,** Saturates **12.4g,** Carbohydrate **9g,** Sugars **1.7g,** Fibre **2.3g,** Protein **22.3g,** Salt **0.7g**

Something special!

Weekend treats RECIPES

Make yourselves to a meal to remember...

SALTIMBOCCA - P57

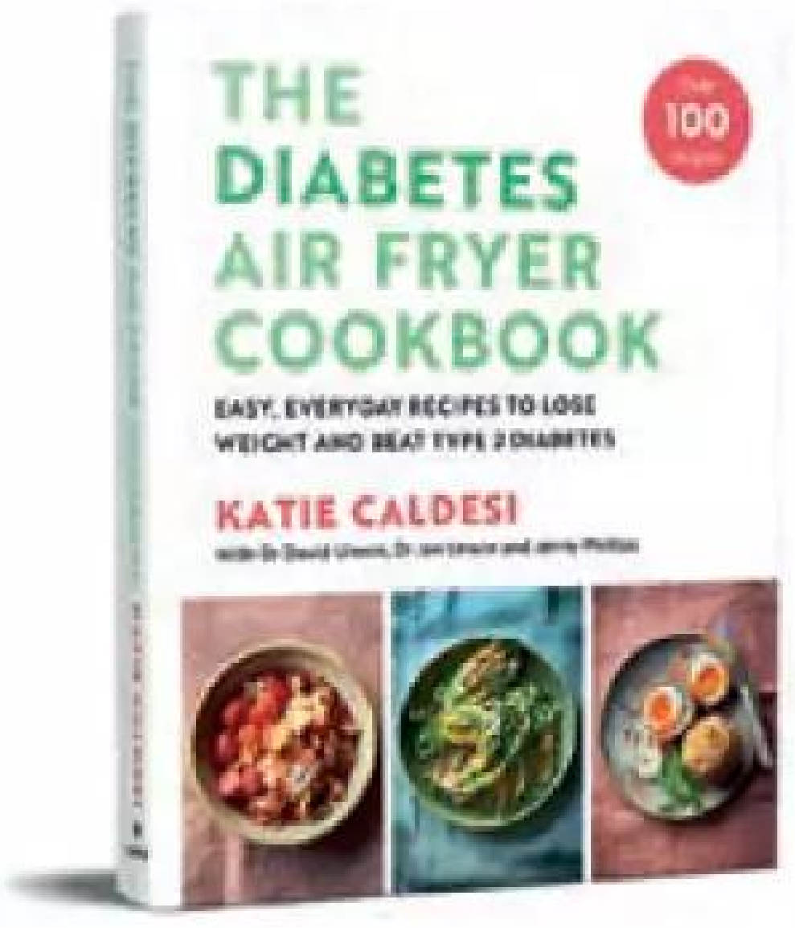
Ham-wrapped chicken breasts with cheese and spring onions

By Katie Caldesi

Serves **2** | *Prep* **10 mins** | *Cook* **18 mins**

- Filippo Berio EVOO Spray oil
- 50g (1¾oz) cream cheese
- 2 spring onions/scallions, finely chopped
- 1 tsp finely chopped thyme or rosemary leaves (optional)
- 1 tsp finely grated lemon zest (optional)
- 2 boneless, skinless chicken breasts (approx. 300g (10½oz))
- 4 slices of Parma or Serrano ham, or 8 streaky bacon rashers
- salt and freshly ground black pepper
- vegetables of your choice, to serve

1. Spray the air fryer crisper with oil.
2. Make the stuffing by mixing the cream cheese with the spring onions and herbs and lemon zest, if using.
3. To stuff the chicken breasts, cut a 'pocket' around 5-6cm (2-2½in) wide along the length of each breast on the thinner edge, being careful not to cut all the way through. Open up the pocket and spoon half the filling into each breast. Close the pocket and wrap each breast with the ham or bacon rashers to keep the filling inside.
4. Place the chicken breasts in the prepared drawer. Spray them both generously with oil and then cook at 180°C/350°F for 18 minutes, or until the internal temperature measures 75°C/ 167°F (or check they are done by piercing the thickest part with a skewer and making sure there are no pink juices running from it).
5. Let the chicken breasts rest for 5 minutes, then serve with vegetables along with the juices from the drawer.



Recipe taken from *The Diabetes Air Fryer Cookbook* by Katie Caldesi, published by Octopus Publishing Group, £22

PER CHICKEN BREAST:
Calories: **367,** Fat **22.2g,** Saturates **7.8g,** Carbohydrate **1.5g,** Sugars **1g,** Fibre **0.1g,** Protein **32.7g,** Salt **0.5g**

Recipe and photo © Stockfood, The Food Media Agency

Hasselback sweet potatoes

By North Carolina Sweet potatoes (www.ncsweetpotatoes.co.uk)

Serves **4** | *Prep* **10 mins** | *Cook* **25 mins**

- 4 large sweet potatoes
- 4 tbsp olive oil
- 1 tsp Italian herbs
- 1 tsp garlic powder
- ½ tsp salt
- ¼ tsp black pepper

1. Preheat the air fryer to 180°C/360°F.
2. Cut the sweet potatoes into 3-5mm (¼in) thick fan-like slices along the flat edge at the bottom, leaving some space in between each cut.
3. In a mixing bowl, mix all remaining ingredients together.
4. Cook the sweet potatoes for 5 minutes. Open the air fryer and apply the seasoning mixture with a brush in-between the slices and on the top of the sweet potatoes.
5. Cook for a further 20 minutes, then serve.

PER SERVING:

Calories: **315,** Fat **13.8g,** Saturates **1.9g,** Carbohydrate **44.3g,** Sugars **2g,** Fibre **5.6g,** Protein **5.2g,** Salt **0.3g**

Radish crisps with sea salt flakes

Serves **4** | *Prep* **10 mins** | *Cook* **15-20 mins per batch**

- a bunch of radishes
- 2 tbsp olive oil
- sea salt flakes

1. Preheat the air fryer to 140°C/260°F for 5 minutes.
2. Thinly slice the radishes, then gently mix in a bowl with the oil.
3. Working in 2-3 batches, place the slices, side by side, in the air fryer basket and cook for 15-20 minutes until golden brown, shaking the basket occasionally. Season the crisps with salt and allow to cool.

PER SERVING:

Calories: **73,** Fat **6.8g,** Saturates **1g,** Carbohydrate **3.1g,** Sugars **1.9g,** Fibre **1.2g,** Protein **0.5g,** Salt **0.8g**

Saltimbocca

By Anna Stanford

Serves **4** | *Prep* **10 mins** | *Cook* **10 mins**

4 pork loin steaks (or you can use 4 boneless, skinless chicken breasts or veal escalopes)

8 sage leaves

4-8 slices of prosciutto

spray oil

175ml (¾ cup) white wine

175ml (¾ cup) chicken stock/bouillon

3 tbsp + 2 tsp butter

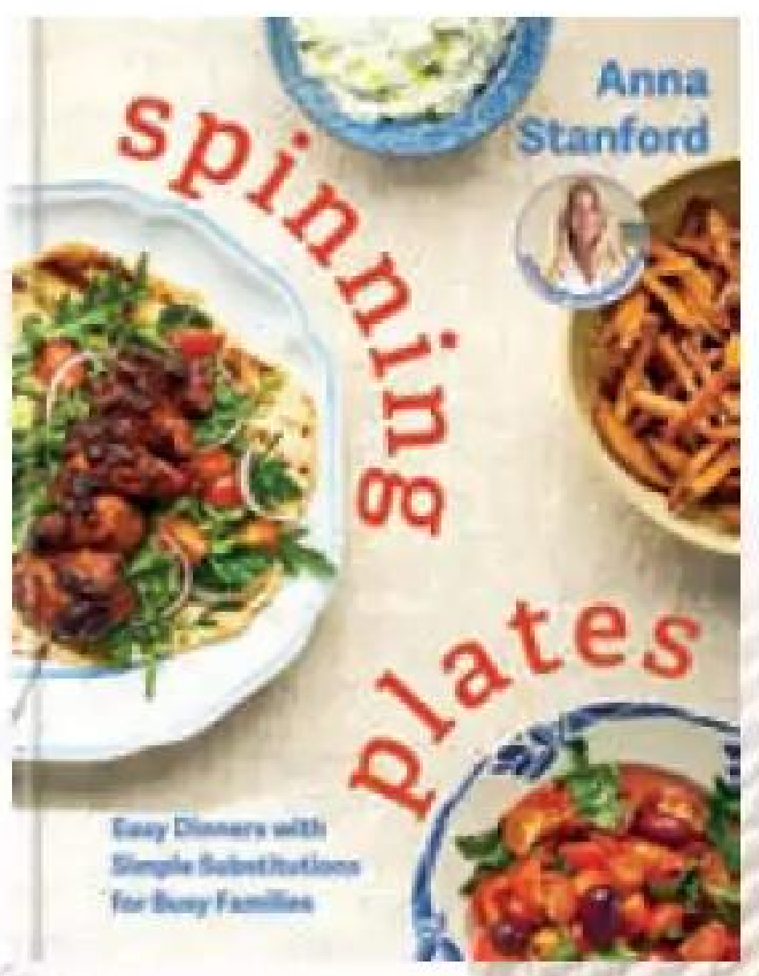
salt and freshly ground black pepper

TO SERVE

green salad

mashed or baked potatoes (optional)

cooked rice (optional)



Recipe taken from *Spinning Plates* by Anna Stanford, photography by Chris Terry, published by Hamlyn, £22.

1. If using chicken breasts, flatten each one to 1.5cm (⅝in) thick or butterfly them (slice widthways starting at the thicker part and ending at the thin point, being careful not to cut all the way through). Open out, then cut each breast in half so you have 8 pieces of chicken.
2. Season the meat and lay 2 sage leaves on each pork loin steak (or veal escalope), or 1 on each chicken breast half. Wrap each piece of meat in the prosciutto slices.
3. Preheat the air fryer to 200°C/400°F. Place the prosciutto-wrapped pieces in the basket, spray with oil and cook for 8 minutes.
4. Once almost cooked, make the sauce by adding the wine to a hot pan on the hob, let it reduce for a minute, then add the stock and bring to a simmer. Once the sauce is simmering, add the butter, then take the pan off the heat. Stir until the butter has melted and the sauce is glossy.
5. Add the meat to the pan to coat in the sauce. Serve with the salad and potatoes or rice.

PER SERVING:

Calories: **550,** Fat **36.2g,** Saturates **17.8g,** Carbohydrate **2g,** Sugars **6.7g,** Fibre **0.3g,** Protein **46.7g,** Salt **0.7g**

Golden rosemary roasties

By Niki Behjou (www.nikibakes.uk)

Serves **4-6** | *Prep* **10 mins** | *Cook* **30 mins**

1kg (2lb 2oz) potatoes, peeled, cut into chunks
1 tsp ground turmeric
2-3 fresh rosemary sprigs, chopped
½-1 tsp red chilli flakes
2 tbsp olive oil
1 tsp sea salt
½ tsp freshly ground black pepper

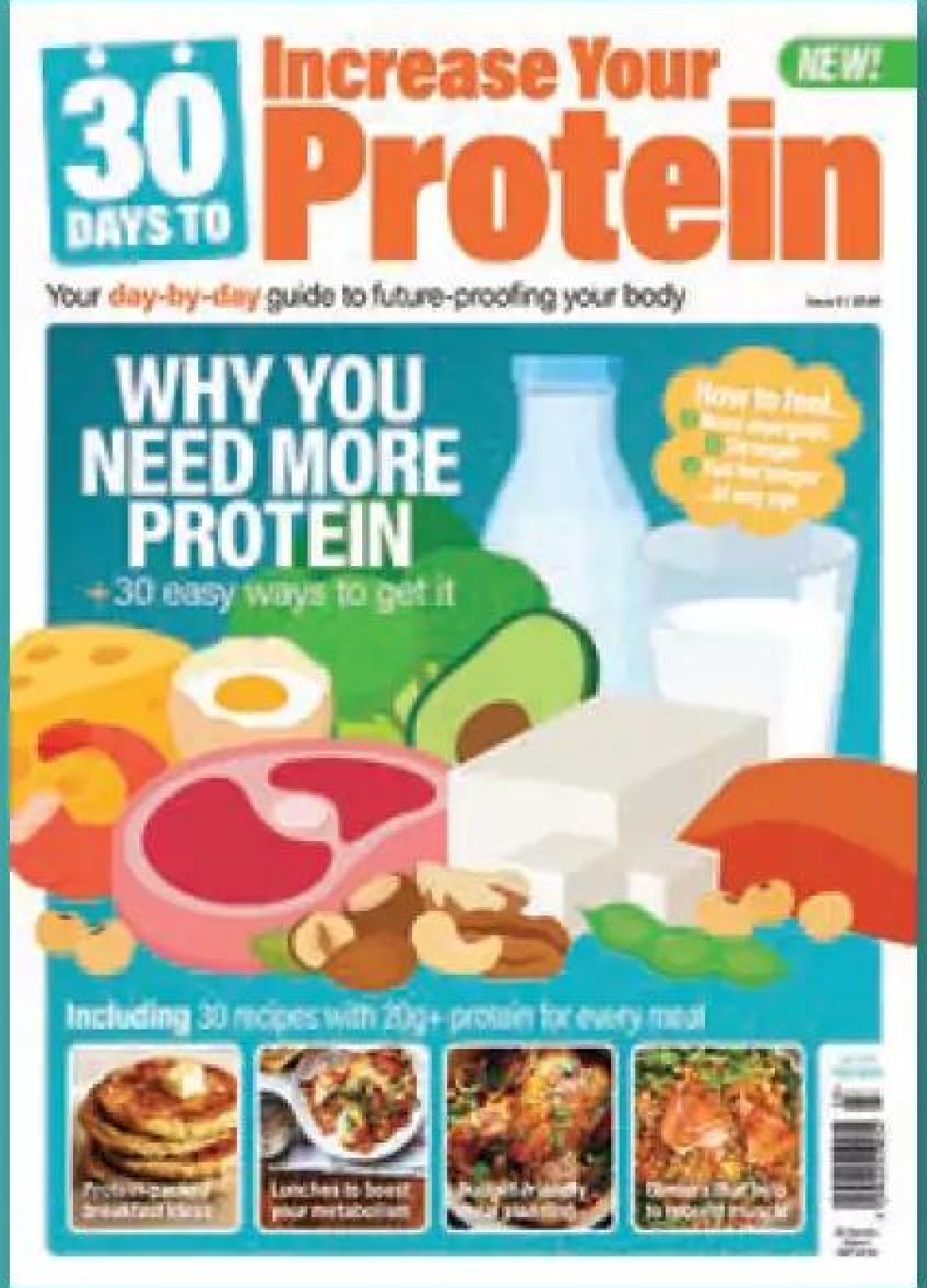
1 Parboil the potatoes for 8-10 minutes until the edges begin to soften. Drain and gently shake the potatoes in the pan to rough up the sides.

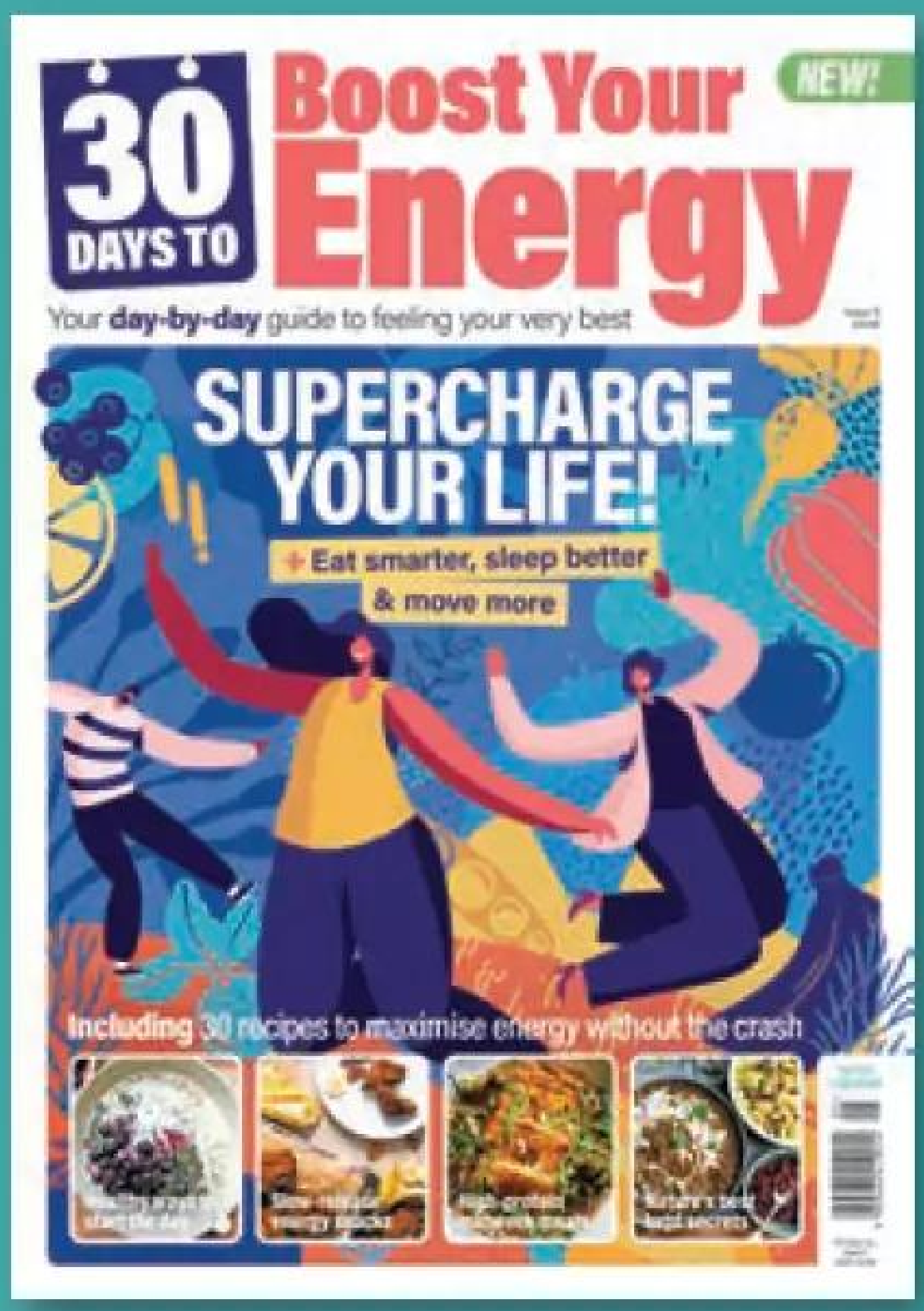
2 In a bowl, toss the potatoes with the olive oil, turmeric, rosemary, chilli flakes, salt and pepper until evenly coated. Preheat the air fryer to 180°C/360°F for 2 minutes. Add the potatoes to the basket in a single layer (cook in batches if necessary), then air fry for 18-22 minutes, shaking halfway through, until crisp and golden.

3 Finish with extra rosemary and a sprinkle of sea salt.

PER SERVING:
Calories: **172,** Fat **4.8g,** Saturates **0.8g,** Carbohydrate **29.8g,** Sugars **1.3g,** Fibre **4g,** Protein **3.5g,** Salt **0.4g**

Here to help your health journey...





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10 WAYS TO DETOX IN JANUARY WITH YOUR AIR FRYER

The start of January often feels like a reset button. After the indulgences of the holiday season, many people look for ways to lighten their diet, reduce processed foods and give their body a chance to recover. Detoxing doesn't have to mean extreme juice cleanses or restrictive regimens. Instead, it can be about making smarter choices – focusing on whole foods, lean proteins, and antioxidant-rich ingredients. And surprisingly, one of the best tools to help you do this is sitting right on your kitchen counter: the air fryer.

Air fryers allow you to cook with minimal oil, preserve nutrients, and create crisp, flavourful meals without the heaviness of traditional frying. Here are ten creative ways to use your air fryer to support a gentle detox this January.

1 CRUCIFEROUS VEGGIES

Broccoli, cauliflower and Brussels sprouts are nutritional powerhouses. They're high in fibre, vitamin C and compounds that support liver detoxification. Toss them lightly with olive oil, garlic and lemon juice, then air fry until crisp. The result is a side dish that feels indulgent but is deeply nourishing. Eating cruciferous vegetables regularly can help balance digestion and reduce bloating.

2 SWEET POTATO WEDGES

Sweet potatoes are rich in beta-carotene, potassium and fibre. They provide slow-release energy, which helps stabilize blood sugar levels during detox. Cut them into wedges, sprinkle with turmeric and paprika, and air fry until golden. Turmeric adds an anti-inflammatory boost, while paprika enhances flavour without excess salt. These wedges make a satisfying alternative to greasy fries.

All images: iStock.com

3 SALMON FILLETS

Lean proteins are essential during detox because they help repair tissues and keep you full. Salmon is especially beneficial thanks to its omega-3 fatty acids, which reduce inflammation and support heart health. Place salmon fillets in the air fryer with a squeeze of lemon and fresh dill. In under 10 minutes, you'll have a clean, protein-rich meal that pairs beautifully with steamed greens.

Why the air fryer helps detox

The air fryer is more than a convenience – it's a tool that supports healthier cooking habits. Here's why it's perfect for January detox:

- **Minimal oil use:** Reduces calorie load and supports liver health.
- **Quick cooking:** Preserves nutrients in vegetables and proteins.
- **Versatility:** Allows you to prepare snacks, mains, and sides without processed ingredients.
- **Texture satisfaction:** Provides the crispiness people crave, making healthy foods more enjoyable.

By using your air fryer, you can enjoy the flavours and textures of comfort food while sticking to detox-friendly ingredients.

4 AIR-FRIED TOFU CUBES

For plant-based eaters, tofu is a versatile protein option. Marinate cubes in tamari, ginger and garlic, then air fry until crisp. The result is a crunchy topping for salads or grain bowls. Tofu absorbs flavours well, so you can experiment with detox-friendly marinades like miso or citrus. It's light yet filling, making it perfect for resetting after heavy holiday meals.

5 APPLE CHIPS

Detox doesn't mean giving up snacks – it means choosing smarter ones. Apple chips are a naturally sweet, fibre-rich alternative to processed cookies or candy. Slice apples thinly, sprinkle with cinnamon, then air fry until crisp. Cinnamon helps regulate blood sugar, while apples provide pectin, a soluble fibre that supports digestion. These chips are perfect for curbing sugar cravings.

6 COURGETTE FRIES

Courgette is hydrating, low in calories and packed with vitamins A and C. Slice into sticks, coat lightly in almond flour and herbs, then air fry until crunchy. They mimic the texture of fries, but without the heaviness. Pair them with a yoghurt-based dip for added probiotics, which support gut health during detox.

7 BEETROOT CHIPS

Beets are known for supporting liver function and improving circulation. Slice them thin, drizzle with olive oil, then air fry until crisp. Their vibrant colour makes them visually appealing, while their earthy sweetness satisfies snack cravings. Eating beets regularly can also help reduce inflammation and provide a natural energy boost.

8 AIR-FRIED CHICKPEAS

Chickpeas are high in protein and fibre, making them a filling snack that aids digestion. Season with cumin, smoked paprika or turmeric before air frying. The result is a crunchy, savoury snack that rivals chips. Chickpeas also provide plant-based iron, which is important for energy levels during detox.

9 STUFFED PEPPERS

Peppers are rich in vitamin C and antioxidants. Fill them with quinoa, spinach and mushrooms, then air fry until tender. This creates a nutrient-dense meal that's both satisfying and detox-friendly. Quinoa adds protein and fibre, while spinach provides iron and magnesium. It's a complete meal that feels hearty without being heavy.

Putting it all together: A sample detox day

To see how these ideas fit into daily life, here's a sample January detox menu using only the air fryer:

- **Breakfast:** Apple chips with Greek yogurt and chia seeds.
- **Lunch:** Citrus-marinated chicken breast with air-fried cruciferous veggies.
- **Snack:** Air-fried chickpeas or beet chips.
- **Dinner:** Stuffed bell peppers with quinoa and spinach.
- **Evening treat:** Sweet potato wedges with turmeric.

This approach keeps meals light, nutrient-rich, and satisfying, without the need for complicated detox programs.

10 CITRUS-MARINATED CHICKEN BREAST

Chicken breast is a lean protein that pairs well with detox-friendly marinades. Use lemon or orange zest, garlic and herbs to create a refreshing flavour profile. Air fry until juicy and tender. The citrus not only adds brightness, but also boosts vitamin C intake, supporting immunity during winter. Pair with roasted vegetables for a balanced meal.

FINAL THOUGHTS

Detoxing in January doesn't have to mean deprivation. With the help of your air fryer, you can create meals that are crisp, flavourful and deeply nourishing. From crunchy veggie chips to lean proteins, these recipes allow you to reset your body while still enjoying food. The key is focusing on whole ingredients, minimising oil, and embracing the versatility of your air fryer.

By making these small changes, you'll not only feel lighter and more energised, but also set the tone for a healthier year ahead.

Winner winner!

Fakeaways

RECIPES

Create that Friday night feeling from the comfort of your own home...

MAPLE PORK BAO BUNS - P71

Baba ghanoush burger

By Joni Marie Newman

Makes: **4-6** | *Prep* **15 mins plus chilling** | *Cook* **35 mins**

- 2 tbsp sesame oil
- 340g (12oz) aubergine/eggplant, peeled, cubed
- 2 tbsp garlic, minced
- 225g (8oz) onion, peeled, diced
- 1 tsp cumin
- salt and freshly ground black pepper
- 200g (1 cup) green or black lentils, cooked
- 120g (1 cup) chickpea/gram flour
- spray oil

1. Preheat the sesame oil in a pan over a medium-high heat. Add the aubergine and cook for about 5 minutes. Stir in the garlic, diced onion, cumin, salt and pepper to taste. Cook for 15 minutes, uncovered, turning occasionally, then remove from heat. Stir in the lentils and sprinkle in the flour. Mix very well.
2. Cover and refrigerate for at least 30 minutes, or even overnight. The longer you leave it in the fridge, the more the flour will absorb the flavours of the mixture. In addition, refrigeration helps make the patties easier to form.
3. Preheat the air fryer to 190°C/375°F.
4. Form the mixture into 4-6 patties, lightly spray with oil, then air fry in the basket for 16-18 minutes.

REVISED AND UPDATED
THE BEST
Veggie Burgers
ON THE PLANET
Just Got Better!
100
JONI MARIE NEWMAN

Recipe taken from *The Best Veggie Burgers on the Planet* by Joni Marie Newman, published by Fair Winds Press, £14.99.

PER BURGER:

Calories: **207,** Fat **8.4g,** Saturates **1.1g,** Carbohydrate **25.7g,** Sugars **6.4g,** Fibre **7.1g,** Protein **8.5g,** Salt **0.2g**

Recipe and photo © Stockfood, The Food Media Agency

Spring rolls with vegetable filling, sesame and chilli dip

Serves **4** | *Prep* **20 mins** | *Cook* **20 mins**

FOR THE SPRING ROLLS

- 2 tbsp vegetable oil
- 125g (4½oz) shiitake mushrooms, cut into strips
- 2 carrots, peeled, coarsely grated
- 2 tbsp ginger, peeled, finely chopped
- 1 garlic clove, peeled, finely diced
- a handful of beansprouts
- 1 spring onion/scallion, cut into strips
- ½ a yellow pepper, seeded, cut into strips
- ½ a handful of herbs, chopped, e.g. coriander, parsley
- 1 tbsp light soy sauce
- a pinch of salt and freshly ground black pepper
- 8 spring roll pastry sheets, approximately 25×25cm (10x10in) each
- spray oil
- 1-2 tsp sesame seeds

FOR THE DIP

- 1 garlic clove, peeled, crushed
- 3 tbsp sweet chilli sauce
- 1 tbsp soy sauce
- 1 tsp lime juice
- ½ tsp honey
- ½ tsp sesame oil

1. Heat the oil in a pan and briefly sauté the mushrooms. Add the carrots, ginger and garlic and cook for 2-3 minutes. Mix in the beansprouts, spring onion, pepper and herbs, and cook for another 2-3 minutes. Season the filling with soy sauce, salt and pepper.
2. Lay the spring roll sheets next to each other on a work surface and brush the edges with cold water. Place an eighth of the filling on the lower edge of each sheet, fold the sides slightly inward, then roll up the sheets.
3. Preheat the air fryer to 180°C/360°F. Spray the spring rolls with oil and lightly sprinkle with sesame seeds. Place the rolls side by side in the air fryer basket and cook for 10-12 minutes until golden brown, turning once halfway through and spraying lightly with oil again.
4. Meanwhile, for the dip, mix all the ingredients in a bowl and season to taste.
5. Remove the spring rolls from the air fryer, garnish with a few herb leaves and serve with the chilli dip.

PER SERVING:

Calories: **221,** Fat **14.9g,** Saturates **2.8g,** Carbohydrate **20.1g,** Sugars **7.9g,** Fibre **2.2g,** Protein **3.4g,** Salt **0.5g**

Harissa sweet potato tacos with pickled cabbage & avocado

Serves **4** | *Prep* **20 mins** | *Cook* **15 mins**

- 2 medium sweet potatoes, diced
- 2 tbsp harissa paste
- 2 tbsp olive oil
- salt, to taste
- 1 avocado, sliced
- 8-10 small tortillas

FOR THE PICKLED CABBAGE

- ¼ of a red cabbage, shredded
- 5 tbsp apple cider vinegar
- 1 tsp maple syrup
- a pinch of salt

FOR THE TAHINI YOGHURT

- 4 tbsp yoghurt
- 2 tbsp tahini
- juice of ½ a lemon
- water, to loosen

1. In a bowl, mix the shredded cabbage with the vinegar, maple syrup and salt. Set aside to lightly pickle.
2. Toss the sweet potato cubes with the harissa paste, olive oil and salt, then air fry at 180°C/360°F for 20-25 minutes until soft and slightly charred.
3. Stir together all the tahini yoghurt ingredients in a bowl and loosen with a splash of water.
4. Warm the tortillas if desired, then fill with the sweet potato, avocado slices, pickled cabbage and a drizzle of tahini yoghurt.

PER SERVING:

Calories **424,** Fat **20.5g,** Saturates **3.5g,** Carbohydrate **52.8g,** Sugars **5.9g,** Fibre **6.5g,** Protein **9.2g,** Salt **0.7g**

Masala chicken wings

By Saifur Rahman (www.towertandoori.co.uk)

Serves **4** | *Prep* **15 mins plus marinating** | *Cook* **18-20 mins**

- 1kg (2lb 2oz) chicken wings, cleaned, patted dry
- 150g (⅔ cup) Greek yoghurt
- 1 tbsp lemon juice
- 1 tbsp vegetable oil
- 1 tsp garlic paste
- 1 tsp ginger paste
- 1 tsp garam masala
- 1 tsp ground cumin
- ½ tsp turmeric
- 1 tsp paprika or mild chilli powder
- salt, to taste
- fresh coriander, to garnish
- lemon wedges, to garnish
- mint chutney, to serve (optional)
- raita, to serve (optional)

1. In a large bowl, mix together the yoghurt, lemon juice, oil, garlic, ginger and spices. Add the wings, coat well, then marinate for at least 1 hour (or overnight for best flavour).
2. Set the air fryer to 190°C/370°F and lightly brush the basket with oil.
3. Arrange the wings in a single layer (cook in batches if needed), then air fry for 18-20 minutes, shaking halfway through, until golden and crisp.
4. Garnish with coriander and lemon wedges. These wings are perfect served with a mint chutney or a light raita.

***TIP:** Add a spoon of chickpea flour to the marinade for an extra crunch. It gives more of an authentic tandoori texture without needing a grill.*

PER SERVING:

Calories: **337,** Fat **11.6g,** Saturates **3g,** Carbohydrate **3.1g,** Sugars **1.9g,** Fibre **0.4g,** Protein **52.4g,** Salt **0.3g**

Thai-style chicken balls in coconut sauce

By Denise Smart

Serves **2** | *Prep* **10 mins** | *Cook* **15 mins**

225g (7½oz) minced/ground chicken or turkey

1 small garlic clove, peeled, crushed, or ½ tsp garlic paste

1 tsp finely grated fresh root ginger or ginger paste

2 spring onions/scallions, finely chopped

½ a red chilli, deseeded, finely chopped, or a pinch of chilli flakes

1 tsp soy sauce

oil, for spritzing

2 tsp Thai red or green curry paste

200ml (1 cup) coconut milk

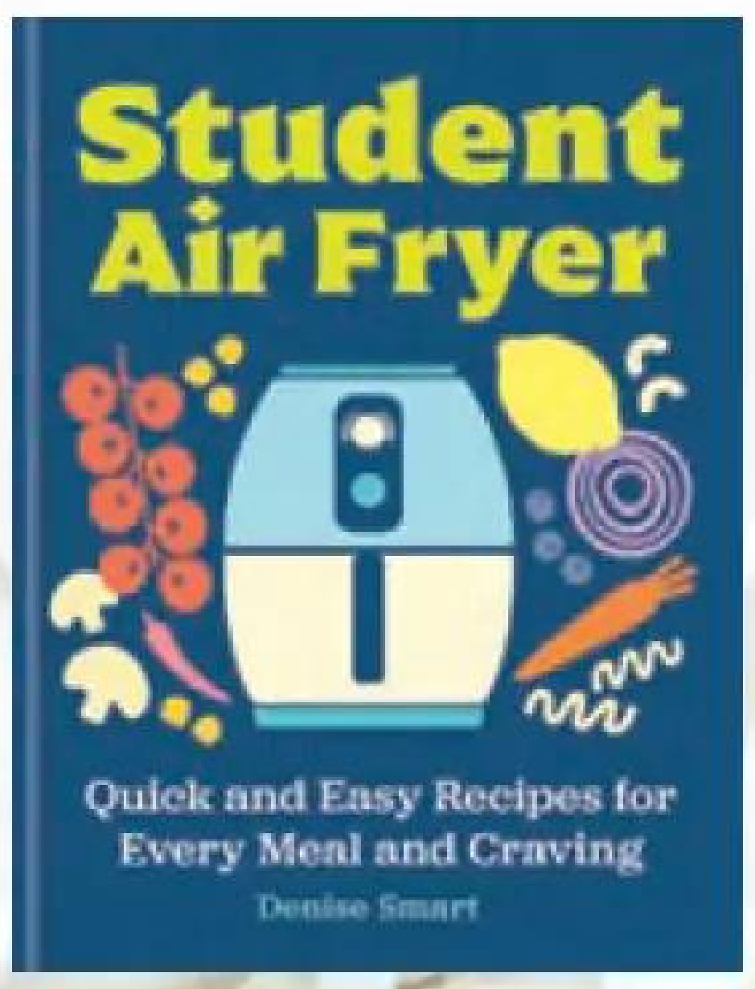
juice of ½ a lime

rice or rice noodles, to serve

1. Place the chicken, garlic, ginger, spring onion, chilli and soy sauce in a bowl and mix well. Divide into 10 and, using slightly damp hands, roll into balls.
2. Place the balls in a preheated air fryer, spritz with a little oil and cook at 180°C/350°F for 8-10 minutes, turning halfway through. Remove to a plate.
3. Place the Thai curry paste in a cake tin or ovenproof dish and stir in 2 tbsp coconut milk. Cook for 1 minute, then stir in the remaining coconut milk. Add the balls and cook for 5-6 minutes, until the sauce is bubbling, stirring once. Stir in the lime juice and serve the balls and sauce on a bed of rice or noodles.

TIP: ***Any leftover chicken balls make a great snack, or serve with some chilli dipping sauce and salad for lunch.***

Recipe taken from *The Student Air Fryer* by Denise Smart, photography by William Shaw, published by Hamlyn, £16.99.



PER SERVING:

Calories: **519,** Fat **34.9g,** Saturates **24g,** Carbohydrate **30.7g,** Sugars **4.8g,** Fibre **4.3g,** Protein **24.4g,** Salt **0.2g**

Bagel pizza with salami, pepper and jalapeño

Makes **4** | *Prep* **25 mins** | *Cook* **8-10 mins per batch**

FOR THE SAUCE

2 tbsp olive oil
1 red onion, peeled, finely diced
1 garlic clove, peeled, finely diced
200g (1 cup) tomato passata
salt and freshly ground black pepper
½ tsp dried oregano

FOR THE PIZZAS

4 sesame bagels
2 tbsp basil, chopped, plus extra to garnish
1 jalapeño, finely chopped
150g (5½oz) small mushrooms, sliced
½ a red pepper, deseeded, finely diced
100g (3½oz) cherry tomatoes, thinly sliced
100g (3½oz) mini salami, thinly sliced
125g (½ cup) mozzarella, grated
75g (⅓ cup) Emmental, grated

1 In a pan, heat 1 tbsp oil and sauté the onion and garlic until translucent. Add the tomato passata, season with salt, pepper and oregano, then simmer for 10 minutes. Allow the sauce to cool slightly, then season to taste.

2 Halve the bagels horizontally, place cut-side up on a board, spread thinly with the passata and sprinkle with chopped basil and jalapeños.

3 Cover with mushrooms, peppers, tomatoes and salami, then lightly season with salt and pepper. Drizzle with the remaining oil. Sprinkle with mozzarella and Emmental.

4 Preheat the air fryer to 180°C/360°F and line the basket with baking paper.

5 Place half the pizzas in the basket and cook for 8-10 minutes. If the cheese is over browning, reduce the temperature to 160°C/320°F. Cook the remaining pizzas in the same way. Serve garnished with basil.

Recipe and photo © Stockfood, The Food Media Agency

PER PIZZA:

Calories: **584,** Fat **26.7g,** Saturates **10.3g,** Carbohydrate **57.1g,** Sugars **10.2g,** Fibre **6g,** Protein **30g,** Salt **1.2g**

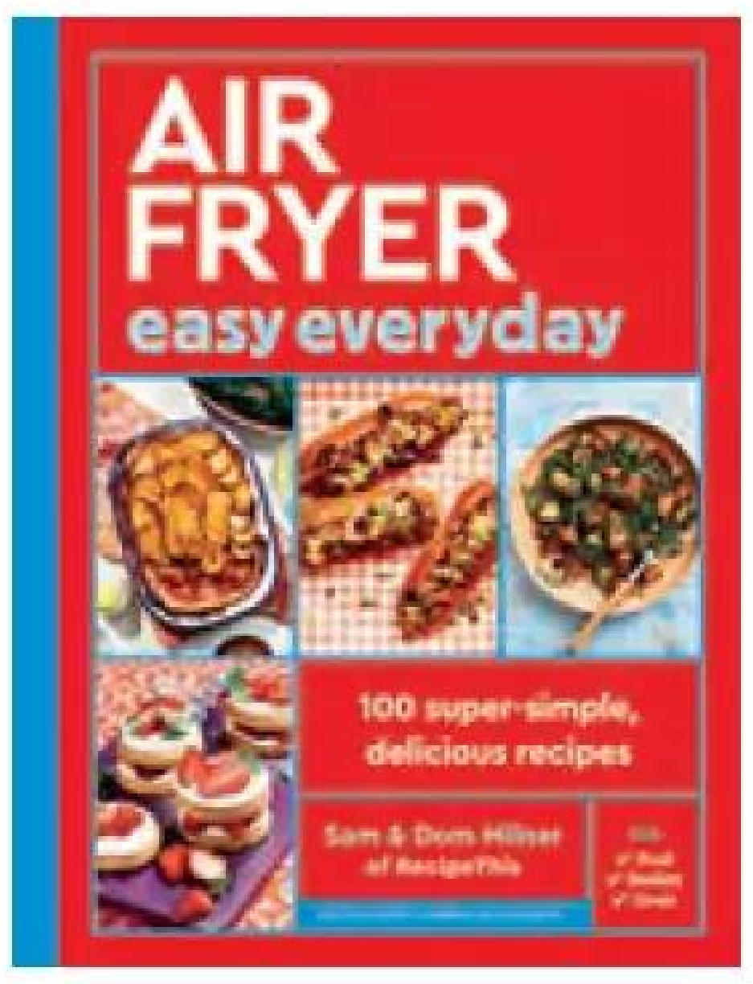
Taco quesadillas

By Sam Milner

Serves **4** | *Prep* **5 mins** | *Cook* **8 mins**

- 4 tortilla wraps
- 400g (14oz) tinned mixed taco beans
- 2 tbsp sour cream
- 3 tbsp extra-virgin olive oil
- 1 tsp frozen chopped garlic
- 1 tsp dried coriander/cilantro leaf
- 1 spring onion/scallions
- 1 tsp taco seasoning
- 4 tbsp salsa
- 85g (1 cup) grated Cheddar cheese
- salt and freshly ground black pepper

1. Spread half of one side of the wraps with sour cream.
2. In a mixing bowl, add the taco beans, spring onion and taco seasoning. Stir until well combined. Cover the sour cream with the taco beans mix, then sprinkle over the grated cheese. Fold over the tacos to create quesadillas.
3. In another bowl, add the coriander, garlic and olive oil. Stir, then brush over the top of the quesadillas using a pastry brush.
4. Place the quesadillas into the air fryer basket or drawer and then air fry at 180°C/360°F for 8 minutes, flipping them over after 6 minutes and brushing some extra oil onto the other side. Serve with the salsa.


AIR FRYER
easy everyday
100 super-simple, delicious recipes
Sam & Dom Milner of RecipeThis

Recipe taken from *Air Fryer Easy Every Day: 140 super-simple delicious recipes* by Sam and Dom Milner, published by White Lion Publishing, £20.

PER SERVING:

Calories: **456,** Fat **21.2g,** Saturates **6.7g,** Carbohydrate **49.3g,** Sugars **2.9g,** Fibre **7.9g,** Protein **18.1g,** Salt **0.8g**

Golden ghee cauliflower

By Niki Behjou (www.nikibakes.uk)

Serves **2-3** | *Prep* **5 mins** | *Cook* **12-15 mins**

- 1 medium cauliflower, cut into florets
- 2 tbsp ghee, melted
- ½ tsp turmeric powder
- 1 tsp curry powder
- a pinch of nigella seeds
- salt and freshly ground black pepper, to taste
- lemon wedges, to serve (optional)

1. Preheat the air fryer to 190°C/375°F.
2. In a large bowl, whisk together the melted ghee, turmeric, nigella seeds, curry powder, salt and pepper. Add the cauliflower florets to the bowl and toss until each piece is evenly coated in the golden ghee mixture.
3. Arrange the florets in a single layer in the air fryer basket (work in batches if needed), then air fry for 12-15 minutes, shaking halfway through, until the cauliflower is crisp, tender, and beautifully golden.
4. Transfer to a plate, drizzle with a touch more ghee if desired, then serve warm with lemon wedges on the side.

PER SERVING:

Calories: **99,** Fat **6.5g,** Saturates **3.5g,** Carbohydrate **8.7g,** Sugars **3g,** Fibre **3.6g,** Protein **3.7g,** Salt **0.2g**

Hot maple pork bao buns with bacon

By Maple from Canada (www.maplefromcanada.co.uk)

Serves **2-3** | *Prep* **10 mins** | *Cook* **12 mins**

FOR THE PORK

6-8 rashers of thick-cut streaky bacon

1 tbsp maple syrup

1 tsp sriracha

½ tsp soy sauce

½ tsp rice vinegar

freshly cracked black pepper

FOR THE BUNS & FILLINGS

6 bao buns (frozen or fresh)

pickled cucumber or carrots

fresh coriander

spring onion, sliced

mayonnaise

chilli oil (optional)

1. Arrange the bacon flat in an air fryer basket, then air fry at 190°C/375°F for 8-10 minutes, flipping halfway, until almost crisp.
2. Mix the maple syrup, sriracha, soy sauce, vinegar and black pepper together.
3. Brush bacon with the glaze and air fry again at 200°C/400°F for 1-2 minutes until sticky and glossy.
4. Steam the buns for 8 minutes or according to the packet instructions.
5. Layer the bao bun with the glazed bacon, pickled veg, mayonnaise, herbs and a drizzle of chilli oil if you like it hot.

PER SERVING:

Calories: **261,** Fat **6.8g,** Saturates **1.4g,** Carbohydrate **33.7g,** Sugars **8.9g,** Fibre **1.8g,** Protein **16g,** Salt **0.7g**

Tabbouleh burger

By Joni Marie Newman

Makes **10** | *Prep* **15 mins** | *Cook* **18-20 mins**

FOR TABBOULEH SALAD

700ml (3 cups) water

175g (1 cup) uncooked bulgur wheat

180g (3 cups) fresh parsley, finely chopped

1 large cucumber, seeded, diced

180g (1 cup) diced tomatoes

12g (¼ cup) mint leaves, finely chopped

120ml (½ cup) olive oil

3 tbsp minced garlic

3 tbsp lemon juice

salt and freshly ground black pepper

FOR THE BURGERS

120g (1 cup) wholewheat flour

3 tbsp cornflour/cornstarch

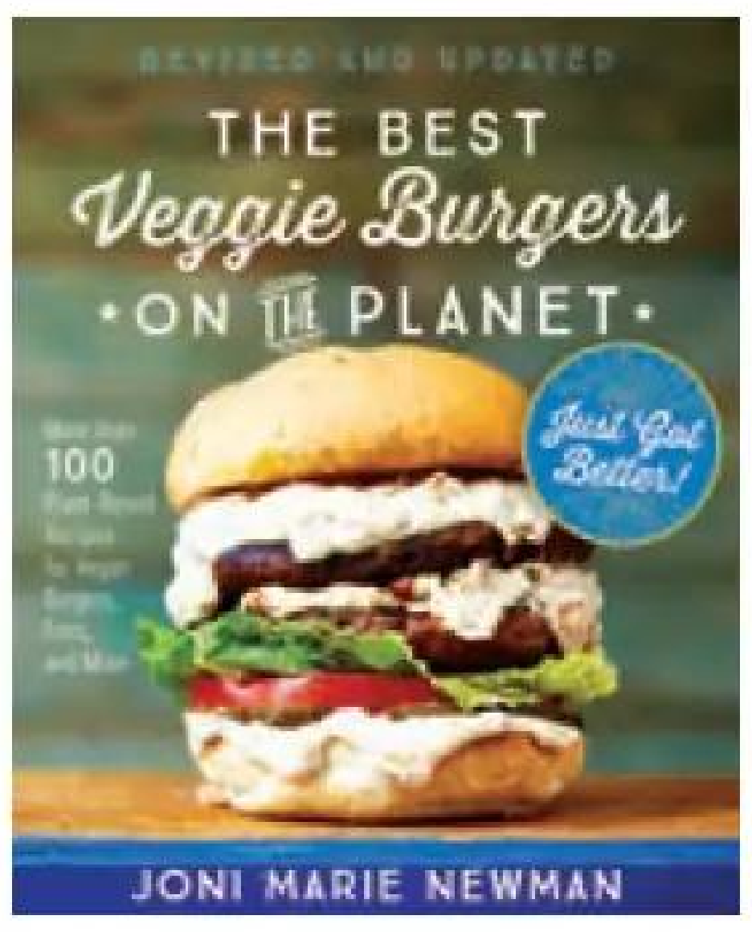
2 tbsp sesame oil (optional)

1 For the tabbouleh salad, bring a pan of lightly salted water to a boil. Add the bulgur wheat, then lower the heat to a simmer and cook, uncovered, for about 10 minutes, or until all the liquid has absorbed. Set aside to cool.

2 In a large bowl, combine the parsley, cucumber, tomatoes, mint, olive oil, garlic, lemon juice, salt and pepper to taste. Add the cooled bulgur and mix thoroughly. If you want to keep the recipe as a salad rather than burgers, stop here.

3 To make the burgers, preheat the air fryer to 190°C/375°F and line the basket with parchment or a silicone baking mat.

4 Add the flour and cornflour to the salad mixture and knead until well incorporated. If your mixture is too wet, add a little more flour. Form into 10 patties and cook for 18-20 minutes, flipping halfway through, until firm and just beginning to brown.



Recipe taken from *The Best Veggie Burgers on the Planet* by Joni Marie Newman, published by Fair Winds Press, £14.99.

PER BURGER:

Calories: **258,** Fat **15.3g,** Saturates **2.1g,** Carbohydrate **27.8g,** Sugars **1g,** Fibre **3.5g,** Protein **4.3g,** Salt **0.2g**

Tandoori paneer with raita & crunchy salad

Serves **4** | *Prep* **20 mins plus marinating** | *Cook* **10 mins**

FOR THE PANEER

400g (14oz) paneer, cubed
4 tbsp yoghurt
2 tbsp tandoori spice blend
juice of ½ a lemon
a pinch of salt

FOR THE RAITA

200g (½ cup) Greek yoghurt
½ a cucumber, grated, squeezed
1 garlic clove, peeled, crushed
a pinch each of cumin and salt

FOR THE CRUNCHY SALAD

¼ of a head of cabbage, shredded
1 carrot, grated
juice of ½ a lime
2 tbsp Greek yoghurt
1 tbsp sweet chilli sauce
a pinch of sea salt flakes
chilli flakes or coriander (optional)

1. Mix the paneer with the yoghurt, tandoori spice, lemon juice and salt. Marinate for at least 10 minutes.
2. Preheat the air fryer to 200°C/400°F, then cook the paneer for 8-10 minutes until golden and slightly crisp.
3. Stir together all the raita ingredients in a bowl and set aside.
4. In another bowl, combine the cabbage, carrot, lime, yoghurt, sweet chilli sauce and salt. Mix well.
5. Serve the air-fried paneer with the raita and salad, topped with fresh coriander or chilli flakes if using.

PER SERVING:

Calories **161,** Fat **7.7g,** Saturates **1.9g,** Carbohydrate **11.7g,** Sugars **6.6g,** Fibre **2.3g,** Protein **12.8g,** Salt **0.6g**

Sticky sweet chilli paneer

By Niki Behjou (www.nikibakes.uk)

Serves **2-3** | *Prep* **10 mins** | *Cook* **20 mins**

225g (8oz) paneer, cut into cubes
1 tbsp cornflour/cornstarch, for coating
1 tbsp oil or ghee, plus extra if needed
½ a white onion, peeled, sliced
1 yellow bell pepper, sliced
1 orange bell pepper, sliced
½ tsp turmeric powder
½ tsp nigella seeds, plus extra to garnish
½ tsp red chilli flakes (adjust to taste)
½ tsp garlic powder
4-5 tbsp sweet chilli sauce
1 tsp soy sauce (optional, for extra depth)
salt, to taste

TO SERVE

steamed jasmine rice
warm naan bread

1. Toss the paneer cubes in cornflour with a small pinch of salt and spices to lightly coat. This helps them crisp beautifully.
2. Add 1 tbsp oil or ghee to the bottom of the air fryer and add the paneer. Air fry at 180°C/360°F for 8-12 minutes or until lightly crisp on all sides.
3. Add the nigella seeds and onion, then cook for 1-2 minutes more until the onion starts to soften.
4. Add the peppers, chilli and garlic powder, then cook for a further 2-3 minutes. Pour in the sweet chilli sauce and a splash of soy sauce and cook for a final 5 minutes.
5. Spoon into a serving dish and sprinkle with a few extra nigella seeds for garnish and even more sweet chilli sauce. Serve with steamed jasmine rice or a warm naan.

PER SERVING:

Calories: **173,** Fat **10.6g,** Saturates **1.9g,** Carbohydrate **15.2g,** Sugars **7g,** Fibre **3.6g,** Protein **5.7g,** Salt **0.5g**

Squash and chickpea massaman curry

By Fern Green

Serves **2** | *Prep* **10 mins** | *Cook* **15 mins**

1 tbsp olive oil
1 small onion, peeled, roughly chopped
1 garlic clove, peeled, grated
3 tbsp massaman curry paste
400ml (14fl oz) tinned light coconut milk
½ a medium squash, cut into medium-sized chunks
400ml (14fl oz) tinned chickpeas, rinsed, drained
50g (1 cup) cavolo nero, stems removed, leaves torn into bite-sized pieces

TO SERVE

cooked rice
spring onions
chopped peanuts

1. Drizzle the base of the air fryer with olive oil, then add the onions and garlic. Air fry at 180°C/360°F for 3 minutes. Add the squash and air fry for a further 7 minutes until slightly golden.
2. Add the coconut milk, massaman paste, chickpeas and cavolo nero and air fry for 5 minutes until the squash is cooked through. Serve with rice, spring onions and sprinkle with peanuts.

PER SERVING:

Calories: **784,** Fat **57.8g,** Saturates **39.7g,** Carbohydrate **59.9g,** Sugars **13.8g,** Fibre **17.6g,** Protein **19.3g,** Salt **0.4g**

Bright & fresh!

Mediterranean flavours

RECIPES

Beat the January blues by adding a touch of sunshine to your plate...

AUBERGINE & MOZZARELLA BOWL - P85

Roasted chickpea salad with cucumber and feta

Serves **4** | *Prep* **10 mins** | *Cook* **15-18 mins**

FOR THE CHICKPEAS

400g (14oz) tinned chickpeas, rinsed, drained

2 tbsp olive oil

½ tsp sweet paprika

2 pinches of chilli powder

½ tsp ground cumin

salt and freshly ground black pepper

FOR THE SALAD

3 tbsp white wine vinegar

4 tbsp olive oil

1 cucumber, deseeded, diced

250g (9oz) feta, cubed

1 tbsp chopped herbs; e.g. parsley, chervil, dill

1 Pat the chickpeas with kitchen paper to dry thoroughly. Place in a bowl and mix with the olive oil and spices. Season with salt and pepper.

2 Preheat the air fryer to 190°C/370°F.

3 Place the chickpeas in a single layer in the basket and cook for 15-18 minutes, shaking the basket every 5 minutes. Remove and cool on kitchen paper.

4 For the salad, whisk the vinegar with salt, pepper and olive oil. Add the cucumber and feta cubes, mixing everything well.

5 Season the salad to taste, arrange on plates, then sprinkle the roasted chickpeas over the top. Grind some pepper over everything, garnish with herbs and serve.

PER SERVING:

Calories: **441,** Fat **35.5g,** Saturates **12.3g,** Carbohydrate **17.9g,** Sugars **5.5g,** Fibre **4.4g,** Protein **13.7g,** Salt **0.9g**

Recipe and photo © Stockfood, The Food Media Agency

Kohlrabi schnitzels with gnocchi and tomato sauce

Serves **4** | *Prep* **20 plus resting** | *Cook* **30 mins**

FOR THE GNOCCHI

1kg (2lb 2oz) floury potatoes, peeled, halved
salt
1 free-range egg
200g (1⅔ cups) plain flour, plus extra for dusting
freshly grated nutmeg

FOR THE SAUCE

1 red onion, peeled, finely diced
1 garlic clove, peeled, finely diced
2 tbsp olive oil
400g (14oz) tinned chopped tomatoes
200ml (1 cup) tomato passata
1 tsp dried Italian herbs
freshly ground black pepper
1 tsp dried chilli flakes

FOR THE SCHNITZELS

2 kohlrabi; approx. 400g (14oz)
2 tbsp plain/all-purpose flour
2 free-range eggs
½ tsp sweet paprika
100g (⅔ cup) breadcrumbs
spray oil
herbs, to garnish, e.g. basil

1. For the gnocchi, boil the potatoes in salted water for 20-30 minutes until tender. Drain and press through a potato ricer, then allow to steam and cool slightly. Add the egg and enough flour until the mixture is no longer sticky. Season with salt and nutmeg, then knead into a smooth dough.
2. On a floured surface, roll the dough into finger-thick lengths and cut into 2cm (¾in) pieces. Roll over the back of a fork and leave to rest covered with a tea towel for 15 minutes.
3. Meanwhile, for the sauce, heat the oil in a saucepan and gently sauté the onion and garlic until soft. Add the chopped tomatoes and passata. Stir in the dried herbs, salt, pepper and chilli flakes and allow the sauce to simmer for 10-15 minutes until thickened.
4. For the schnitzels, peel the kohlrabi and cut into 1cm (½in) slices. Cook in boiling salted water for 5 minutes, refresh under cold water, then pat dry.
5. Place the flour on a plate. Beat the eggs in a shallow bowl and season with salt, pepper and paprika. Pour the breadcrumbs into a deep plate. Dust the kohlrabi slices in flour, dip in the beaten egg, then coat with breadcrumbs. Press the breadcrumbs gently to stick.
6. Preheat the air fryer to 180°C/360°F.
7. Lightly spray the schnitzels with oil on both sides. Place, side by side in the air fryer basket and cook for 12 minutes, turning once halfway through. Increase the temperature to 200°C/400°F and finish cooking the schnitzels for 2-3 minutes until golden brown. (If the basket is too small, work in two batches).
8. Place the gnocchi in a pan of boiling salted water and cook gently for 5 minutes. Drain and leave to dry briefly.
9. Spoon the tomato sauce into bowls, then place the kohlrabi schnitzels on top and add the gnocchi. Top with black pepper and herbs.

TIP: If you can't find kohlrabi, you can use celeriac or turnips instead. To save time, you can use ready-made gnocchi.

PER SERVING

Calories: **676,** Fat **12.5g,** Saturates **2.4g,** Carbohydrate **108.5g,** Sugars **15.3g,** Fibre **16g,** Protein **21.2g,** Salt **1g**

Filo pie with roasted summer vegetables and feta

Makes **4** | *Prep* **20 mins** | *Cook* **10-13 mins per pie**

FOR THE PIES

- 8 tbsp olive oil
- 12 filo pastry sheets
- 1 red pepper, seeded, chopped
- 1 yellow pepper, seeded, chopped
- 1 courgette/zucchini, halved, sliced
- 2 red onions, peeled, cut into thin wedges
- ½ a cauliflower, cut into small florets
- 1 garlic clove; peeled, finely chopped
- salt and freshly ground black pepper
- ½ tsp finely grated lemon zest
- ½ tsp ground cumin
- a pinch of ground cinnamon
- 250g (9oz) feta

FOR THE DRESSING

- 4 tbsp lemon juice
- 1-2 pinches of sugar
- 1 tbsp olive oil
- 1-2 tbsp rosemary leaves, finely chopped

1. For the pies, lightly grease 4 round air fryer baking tins (approximately 20cm (8in) in diameter) with olive oil. Line each tin with 3 slightly overlapping sheets of filo pastry, brushing each sheet with a little oil. Twist any overhanging pastry slightly to form a stable edge.
2. Preheat the air fryer to 160°C/320°F. Place a baking tin in the air fryer basket and pre-bake the pastry base for 5-6 minutes. Pre-bake the remaining 3 pie bases in the same way, then set aside.
3. In a large frying pan, heat 2 tbsp olive oil, then sauté the peppers, courgette and onions in the oil for 3-4 minutes, stirring occasionally. Add the cauliflower and garlic, then cook for an additional 1-2 minutes. Season everything with salt, pepper, lemon zest, cumin and cinnamon. Divide evenly between the prepared pastry cases. Crumble the feta over the top.
4. Cook the pies one at a time at 160°C/320°F for 10-13 minutes until golden brown and crisp.
5. Meanwhile, for the dressing, whisk together the lemon juice, salt, pepper, sugar and oil. Sprinkle the filo pies with black pepper, add a sprinkling of rosemary and drizzle with a little dressing before serving.

Recipe and photo © Stockfood, The Food Media Agency

PER PIE:
Calories: **669,** Fat **55.7g,** Saturates **16.6g,** Carbohydrate **31.4g,** Sugars **10.5g,** Fibre **4.3g,** Protein **13.9g,** Salt **0.9g**

Recipe and photo © Stockfood, The Food Media Agency

Individual potato rösti with bacon

Serves **4** | *Prep* **10 mins** | *Cook* **15 mins per batch**

600g (1lb 3oz) waxy potatoes, peeled, grated
30g (¼ cup) chives, chopped
60g (2½oz) smoked bacon, chopped
60g (⅓ cup) low-fat curd cheese
1 free-range egg
3-4 tbsp wholemeal flour
salt and freshly ground black pepper
spray oil

1. Place the potatoes in a tea towel and squeeze well to remove any excess liquid, then place in a bowl. Mix with the chives, bacon, curd cheese, egg, flour, salt and pepper. Shape into 12 small patties.
2. Preheat the air fryer to 180°C/360°F for 5 minutes. Spray the basket with oil.
3. Place six patties well-spaced in the basket and spray with oil. Cook for 15 minutes until golden brown, turning once and spraying again with oil. Repeat to cook the remaining rösti.

PER RÖSTI:
Calories: **202,** Fat **3.7g,** Saturates **1.2g,** Carbohydrate **31.8g,** Sugars **1.8g,** Fibre **3.6g,** Protein **10.6g,** Salt **0.5g**

Recipe and photo © Stockfood, The Food Media Agency

Tomato sauce with roasted cherry tomatoes

Serves **4** | *Prep* **5 mins** | *Cook* **25-30 mins**

600g (1lb 3oz) red cherry tomatoes
200g (7oz) yellow cherry tomatoes
2 onions, peeled, cut into wedges
2 garlic cloves, peeled, chopped
1 tbsp honey
2 tbsp olive oil
salt and freshly ground black pepper
a handful of basil
1-2 tbsp lemon juice

1. Preheat the air fryer to 200°C/400°F for 5 minutes.
2. Arrange the tomatoes, onions and garlic in a 20cm (8in) baking dish or one that will fit in your air fryer. Drizzle with honey and oil, then season with salt and pepper. Place in the air fryer basket and cook for 10 minutes.
3. Reduce the temperature to 160°C/320°F.
4. Add the basil to the tomatoes and mix well, gently crushing the tomatoes. Cook for another 15-20 minutes, until everything is lightly browned and soft.
5. Transfer the mixture to a blender and purêe finely, adding some hot water if necessary. Season with lemon juice.

PER SERVING:
Calories: **138,** Fat **7.3g,** Saturates **1g,** Carbohydrate **18.1g,** Sugars **12g,** Fibre **3.4g,** Protein **2.6g,** Salt **0.2g**

Falafel bowl with couscous and tahini dressing

Serves **4** | *Prep* **20 mins** | *Cook* **15 mins per batch**

FOR THE FALAFEL

- 200g (1 cup) dried chickpeas, soaked overnight in cold water
- 2 onions, peeled, diced
- 6 sprigs of parsley, leaves diced
- 3 tbsp plain/all-purpose flour
- salt
- ½ tsp ground cumin
- ½ tsp chilli flakes
- spray oil

FOR THE BOWL

- 600g (1lb 3oz) frozen broccoli
- 160g (1 cup) couscous
- a pinch of salt
- 2 carrots, peeled, coarsely grated
- 2 spring onions/scallions, finely sliced

FOR THE DRESSING

- 4 tbsp tahini
- 4 tbsp olive oil
- 4 tbsp lemon juice
- 1 garlic clove, peeled, finely grated
- 2 tsp honey

1. For the falafel, drain the chickpeas and allow to dry thoroughly. Finely blend the chickpeas, onions and parsley in a blender. Add the flour. Season with salt, ground cumin and chilli flakes and mix to combine. Shape into 24 small balls.
2. For the bowl, bring a pan of salted water to the boil and cook the broccoli for 5 minutes until tender. Put the couscous and salt into a bowl and pour over 320ml (1½ cups) boiling water. Stir well, cover and leave to swell for 5 minutes.
3. Preheat the air fryer to 190°C/370°F. Spray the basket with oil.
4. Place half of the falafel in the air fryer basket, well-spaced, and cook for 11-13 minutes, turning once halfway through. Increase the temperature to 200°C/400°F and cook for 2 more minutes until golden, then remove. Repeat with the remaining falafel.
5. Meanwhile, for the dressing, put the tahini, olive oil, lemon juice, salt, garlic, honey and 6 tbsp water in a tall container and blend to a creamy dressing with a hand blender.
6. Fluff the couscous with a fork and divide between four bowls. Arrange the broccoli, carrots and spring onion rings decoratively on top. Add the falafel balls, drizzle with dressing and serve.

TIP:* *Add to taste: ground cumin, chilli flakes, dried mint, chopped coriander, curry paste or garam masala.

PER SERVING:

Calories: **670,** Fat **28.1g,** Saturates **3.8g,** Carbohydrate **86.2g,** Sugars **12.9g,** Fibre **15.3g,** Protein **24.3g,** Salt **0.4g**

Recipe and photo © Stockfood, The Food Media Agency

Egg croquettes on spinach salad with semi-dried tomatoes

Serves **4** | *Prep* **20 mins plus chilling** | *Cook* **1 hr 25 mins**

FOR THE CROQUETTES

8 free-range eggs
60g (¼ cup) butter
60g (½ cup) plain/all-purpose flour, plus 3 tbsp for coating
500ml (2 cups) milk
1 tsp mustard
salt and freshly ground black pepper
freshly grated nutmeg
2 tbsp chopped parsley
100g (⅔ cup) breadcrumbs
spray oil

FOR THE SALAD

200g (7oz) cherry tomatoes, halved
4 tbsp olive oil
1 tbsp balsamic vinegar
1 tsp maple syrup
150g (5½oz) baby spinach
2 carrots, peeled, cut into strips

1. For the croquettes, boil 6 eggs for about 10 minutes until hard boiled. Rinse under cold water and allow to cool.
2. In a saucepan, melt the butter, add the flour and cook, stirring, for 1 minute. Gradually stir in the milk and simmer, stirring, to make a smooth sauce. Season with mustard, salt, black pepper, nutmeg and herbs.
3. Peel the eggs, dice finely, then mix into the sauce. Allow the mixture to cool, then chill in the fridge for 2 hours.
4. Preheat the air fryer to 100°C/180°F. Line the basket with baking paper.
5. In a bowl, toss the tomato halves with 2 tbsp olive oil, salt and black pepper. Arrange in the basket in a single layer and cook for 45-55 minutes. Cool slightly.
6. In a bowl, whisk together the vinegar, maple syrup, salt, black pepper and the remaining oil.
7. With damp hands, shape the egg mixture into small balls. Place the flour and breadcrumbs on separate deep plates. Beat the remaining 2 eggs in a shallow dish. Roll the croquettes first in flour, then in egg, and finally in breadcrumbs to coat. Press the coating gently to make it stick and lightly spray with oil.
8. Preheat the air fryer to 190°C/370°F.
9. Place the croquettes in the basket and cook for 10-12 minutes until golden brown, turning halfway through.
10. Add the spinach, carrots and semi-dried tomatoes and their juices to the dressing. Gently toss everything together and adjust the seasoning to taste.
11. Arrange the salad on plates, top with the egg croquettes and serve.

Recipe and photo © Stockfood, The Food Media Agency

PER SERVING:

Calories: **615,** Fat **42.8g,** Saturates **15.4g,** Carbohydrate **37.6g,** Sugars **12.2g,** Fibre **3.2g,** Protein **20.7g,** Salt **0.7g**

Spiced bean loaded twice baked jackets

By Fern Green

Serves **2** *or* **4 as a side** | *Prep* **15 mins** | **Cook 55 mins**

2 baking potatoes or large King Edwards

1 tbsp butter

2 tbsp grated Cheddar cheese

100g (½ cup) cannellini beans

50ml (¼ cup) passata

½ tsp tomato purée

½ tsp smoked paprika

½ tsp ground cumin

1 tsp chipotle paste

1 garlic clove, peeled, grated

salt and freshly ground black pepper

olive oil

1. Scrub the potatoes, then pat dry and prick all over with a fork. Cook in the air fryer for 50 minutes at 200°C/400°F, flipping them halfway through. Meanwhile, add the beans, passata, spices and garlic to a small bowl, season and mix through.
2. Carefully remove the potatoes from the air fryer and cut both in half lengthwise. Scrape out any flesh from each half into a bowl, leaving a shell about 2cm (¾in) thick throughout.
3. Add the bean mixture to the potato flesh and mix the butter through. Scoop the mixture into each potato shell and place them back in the air fryer. Sprinkle over the cheese and cook for a further 5 minutes.

PER SERVING OF 2:

Calories: **232,** Fat **13.3g,** Saturates **7.3g,** Carbohydrate **22.5g,** Sugars **2.4g,** Fibre **3.9g,** Protein **7.5g,** Salt **0.5g**

Aubergine & mozzarella bowl with pesto

Serves **4** | *Prep* **15 mins** | *Cook* **20 mins**

- 2 large aubergines/eggplant, sliced into rounds
- 200g (1 cup) mozzarella, sliced
- 200g (7oz) cherry tomatoes, halved
- 2 tbsp olive oil
- 4 tbsp homemade pesto
- salt and freshly ground black pepper

FOR THE PESTO

- a handful of basil
- juice of ½ a lemon
- 2 tbsp extra-virgin olive oil
- 3 tbsp nutritional yeast
- 50g (1/3 cup) pine nuts
- sea salt
- 1 garlic clove, peeled
- water, to loosen, if needed
- cooked grains or rocket/arugula, to serve (optional)

1 Preheat the air fryer to 180°C/360°F.

2 Brush the aubergine slices with the olive oil, season with salt and pepper, then air fry for 12-14 minutes until soft and golden.

3 Add a few slices of mozzarella and cherry tomatoes on top of each aubergine round, return to the air fryer and cook for 4-5 minutes until melty and bubbling.

4 Layer in bowls over rocket or cooked grains. Finish with a generous spoon of homemade pesto.

PER SERVING:

Calories **455,** Fat **38.7g,** Saturates **9g,** Carbohydrate **13.5g,** Sugars **7g,** Fibre **5g,** Protein **17.3g,** Salt **0.7g**

Moroccan spiced meatballs with barley, beetroot dip and mixed vegetables

Serves **4** | *Prep* **45 mins** | *Cook* **40 mins**

200g (1 cup) barley
salt
3 tbsp olive oil
1-2 tbsp parsley, finely chopped
1 small red onion, peeled, sliced
2 tbsp apple cider vinegar
1 tsp sugar
2 carrots, peeled, cut into long strips
120g (4½oz) sugar snap peas
½ a bunch of radishes, quartered
2 handfuls of cress, or baby herbs, washed
3 tbsp toasted pumpkin seeds

FOR THE MEATBALLS

1 small onion, peeled, finely diced
2 garlic cloves, peeled, finely diced
250g (9oz) minced/ground beef
250g (9oz) minced/ground lamb
1 tsp ground cumin
1 tsp ground coriander
½ tsp ground cinnamon
½ tsp sweet paprika
½ tsp smoked paprika
1 free-range egg
1-2 tbsp chopped herbs, e.g. coriander, parsley
2 tbsp breadcrumbs
spray oil

FOR THE DIP

1 small cooked beetroot, diced
150g (⅔ cup) Greek yoghurt
1 tsp lemon juice
freshly ground black pepper

1. Rinse the barley and cook in boiling salted water for 25-30 minutes until tender. Drain, then mix in 2 tbsp olive oil and the parsley.
2. In a small bowl, mix the onion with the vinegar, salt and sugar. Leave to stand for 15 minutes. Blanch the carrots and sugar snap peas in boiling salted water for 1-2 minutes. Drain well and briefly fry in the remaining oil in a small pan.
3. For the meatballs, place the onion and garlic, beef and lamb mince, spices, egg, herbs and breadcrumbs in a bowl. Mix well, then shape into 3cm (1¼in) balls.
4. Preheat the air fryer to 180°C/360°F. Spray the meatballs with oil, place in the air fryer basket in batches, then cook for 10-12 minutes until browned, turning occasionally.
5. For the dip, purée the beetroot in a blender, then mix with the remaining ingredients. Season to taste.
6. Season the barley with salt and pepper and divide between four bowls. Arrange the radishes, cress, some beetroot dip, plus the fried carrots and sugar snap peas around it. Place the pickled onion strips in the centre and arrange the Moroccan meatballs on the dip. Sprinkle everything with pumpkin seeds and serve.

Recipe and photo © Stockfood, The Food Media Agency

PER SERVING:

Calories: **719,** Fat **31.4g,** Saturates **8.8g,** Carbohydrate **67.2g,** Sugars **11.4g,** Fibre **12.1g,** Protein **43.5g,** Salt **0.5g**

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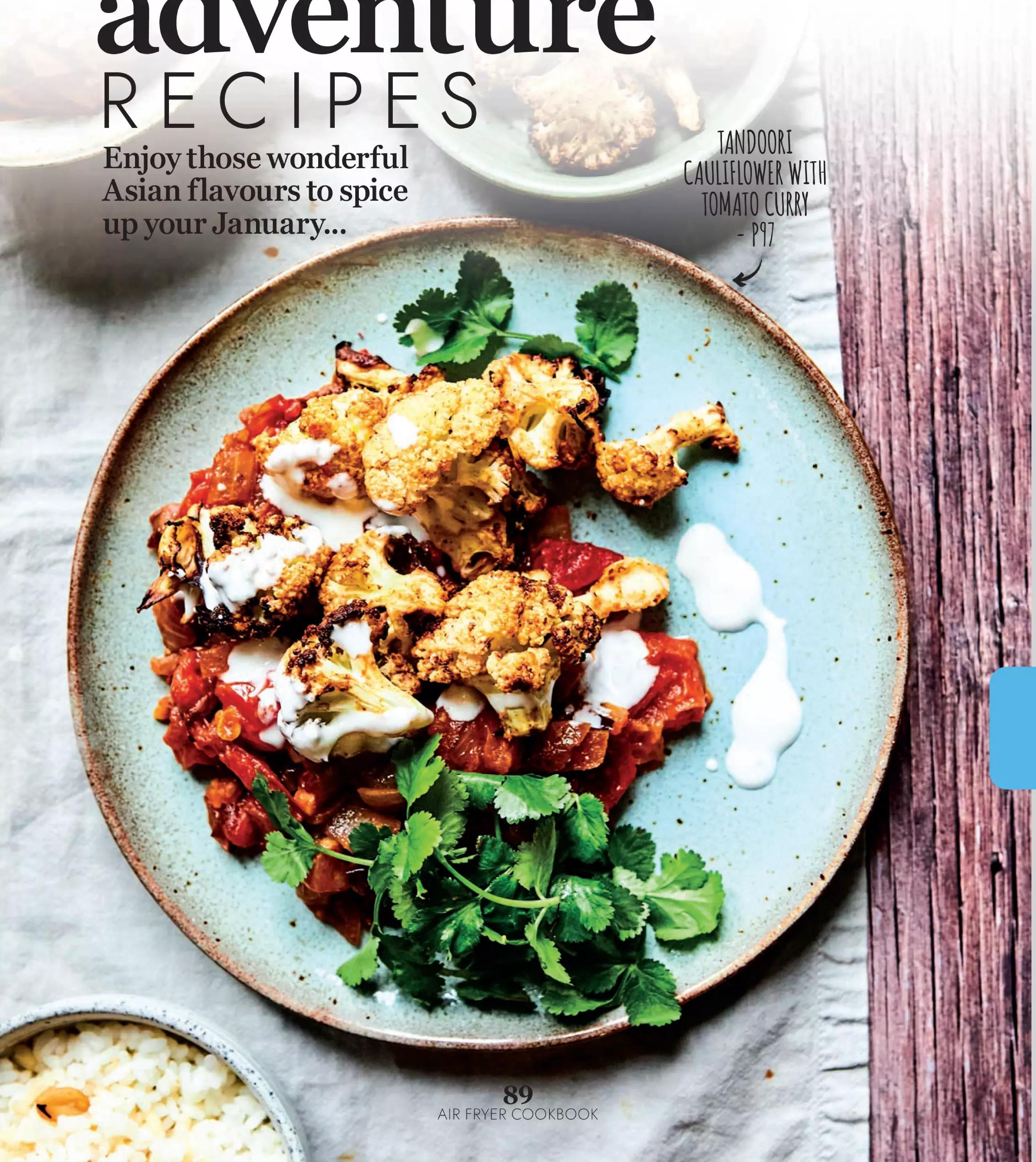


TANDOORI CAULIFLOWER WITH TOMATO CURRY - P97

Thai-style fishcakes

By Anna Stanford

Serves **4** | *Prep* **20 mins plus chilling** | *Cook* **15 mins**

spray cooking oil

FOR THE FISHCAKES

2 x 170g (6oz) tins of salmon (skinless) or jumbo crabmeat, drained (or you can use 350g (12oz) fresh skinless salmon or trout fillets, finely diced)

2 spring onions/scallions, trimmed, finely chopped

1 red chilli, finely chopped

finely grated zest and juice of 1 lime

2 fresh or dried lime leaves, shredded or finely chopped, plush extra to garnish

a handful of fresh coriander, chopped

2 heaped tbsp red curry paste

1 free-range egg, beaten

2 tbsp mayonnaise

150g (1 cup) panko crumbs or breadcrumbs

FOR THE COATING

100g (4/5 cup) plain/all-purpose flour

1 free-range egg, beaten

100g (2/3 cup) panko crumbs or breadcrumbs

TO SERVE

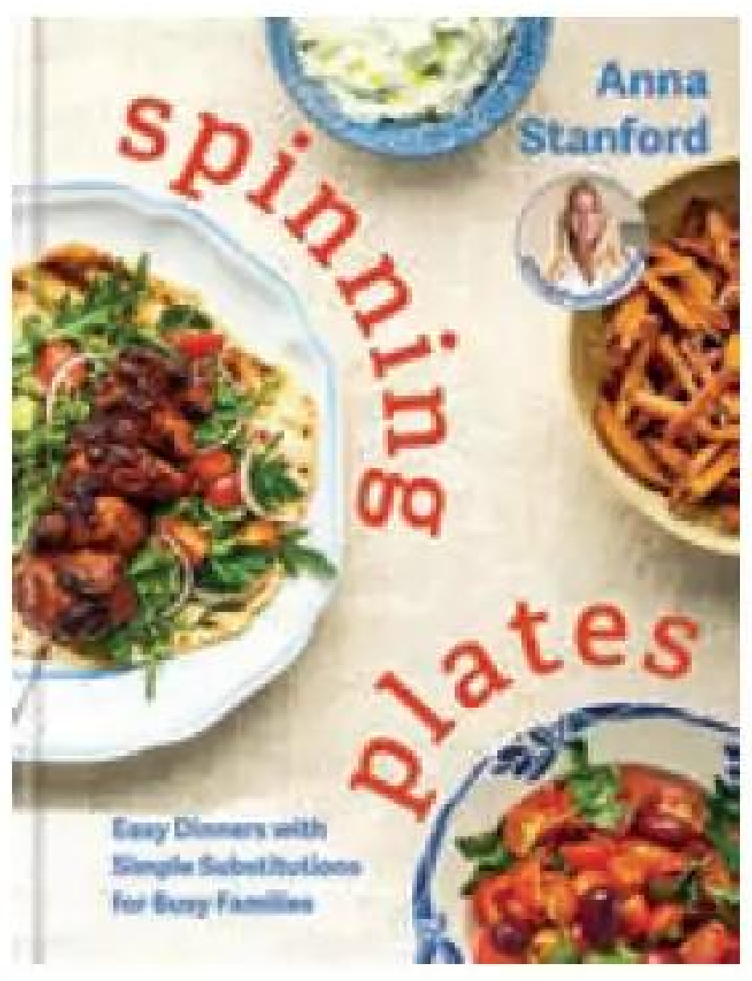
cooked noodles

Thai-style dipping sauce or sweet chilli sauce

pan-fried greens (optional)

1. Mix all the fishcake ingredients together in a large bowl until well combined. Divide and shape the mixture into 12 balls, then flatten slightly. Place on a plate and pop in the refrigerator for 1 hour, if possible, to firm up.
2. To coat the fishcakes, roll each one in the flour, then dip in the beaten egg and then roll in the panko crumbs or breadcrumbs until coated all over (if making them in advance, place the fishcakes on a plate, cover and refrigerate for up to 24 hours, or freeze them – see Tip below).
3. Spray the fishcakes with oil, then cook in a preheated air fryer at 180°C/350°F for 15 minutes, turning them a couple of times to ensure they are evenly browned.
4. Serve the fishcakes with the dipping or sweet chilli sauce, green veg and cooked noodles, and garnish with some extra lime leaves.

***TIP:** These fishcakes are great for batch cooking and freezing. Open-freeze the uncooked fishcakes on a tray then, once firm, decant into an airtight container or freezer bag. Freeze for up to 3 months and defrost in the refrigerator before cooking as above.*



Recipe taken from *Spinning Plates* by Anna Stanford, photography by Chris Terry, published by Hamlyn, £22.

PER SERVING:

Calories: **476,** Fat **11.7g,** Saturates **2.3g,** Carbohydrate **60.4g,** Sugars **4.6g,** Fibre **4.3g,** Protein **30.5g,** Salt **0.5g**

Coconut tofu poke bowl

Serves **4** | *Prep* **15 mins** | *Cook* **12 mins**

FOR THE TOFU

400g (14oz) firm tofu, pressed, cubed

2 tbsp cornflour/cornstarch

4 tbsp desiccated coconut

a pinch of sea salt

1 tbsp toasted sesame oil

FOR THE BOWL

250g (1¼ cups) cooked sushi rice

1 avocado, sliced

½ a cucumber, ribboned

100g (1 cup) cooked edamame

4 tbsp pickled ginger

roasted peanuts

FOR THE DRESSING

juice of 1 lime

2 tsp grated ginger

2 tsp maple syrup

2 tsp tamari

2 tbsp sesame oil

1 Cook the rice according to the packet instructions. Preheat the air fryer to 200°C/400°F.

2 In a bowl, coat the tofu cubes in the cornflour, then toss in the sesame oil. Press into desiccated coconut to coat. Air fry for 10-12 minutes until golden and crisp.

3 Mix all the dressing ingredients in a small bowl.

4 Assemble the bowls with rice, tofu, cucumber, avocado, edamame, pickled ginger and peanuts. Drizzle with dressing and serve.

PER SERVING:

Calories **651,** Fat **31.5g,** Saturates **8g,** Carbohydrate **71.5g,** Sugars **4.2g,** Fibre **9g,** Protein **25.6g,** Salt **0.3g**

Egg fried veggie rice

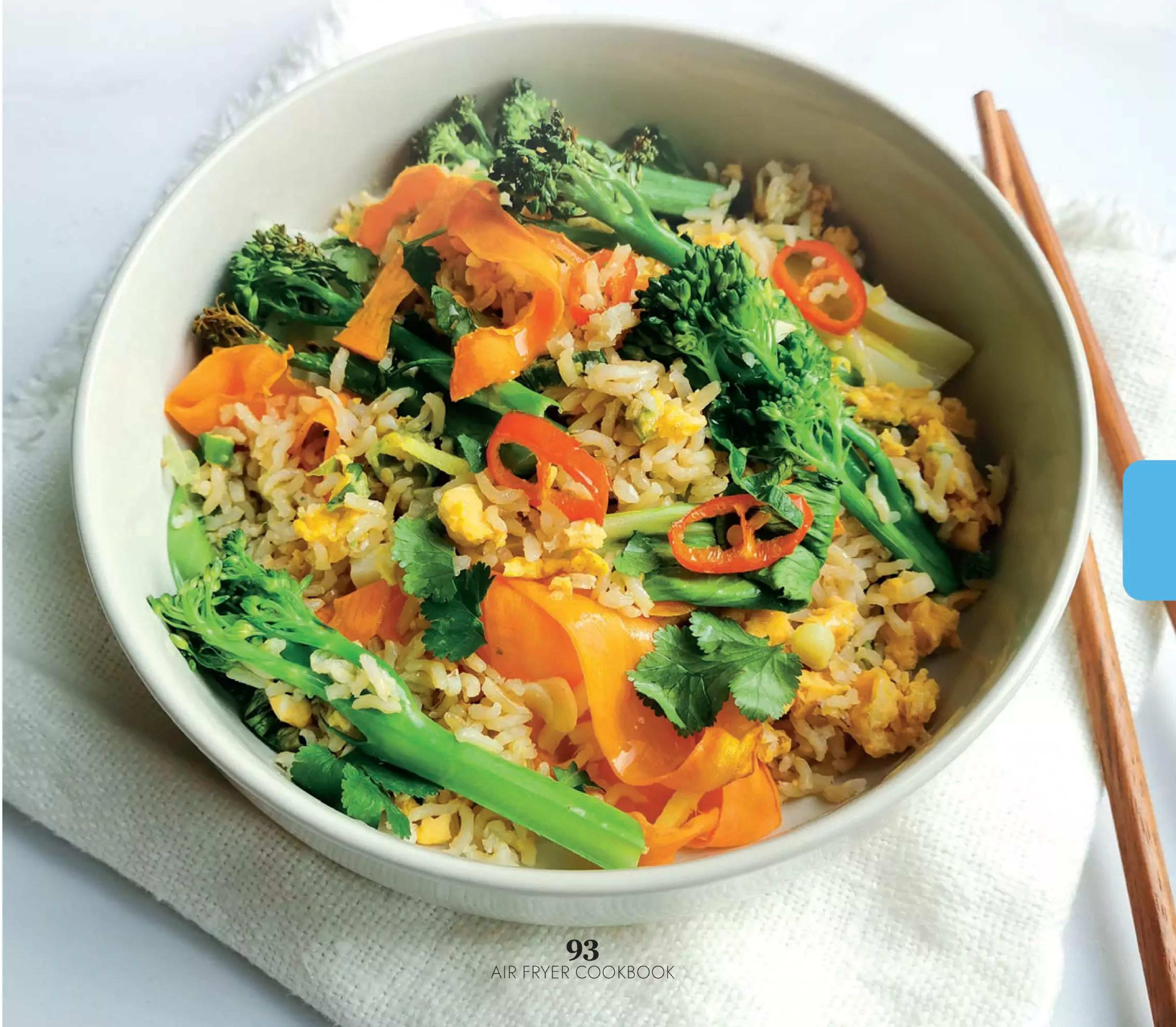
By Fern Green

Serves **2** | *Prep* **10 mins** | *Cook* **15 mins**

4 spring onions/ scallions, trimmed, sliced
2 garlic cloves, peeled, sliced
1 red chilli, sliced
4 tenderstem broccoli, roughly chopped
1 carrot, peeled, sliced
2 baby pack choy, cut, stem separated
1 tbsp peeled and finely chopped fresh ginger
250g (9oz) packet of brown basmati rice packet
3 free-range eggs, beaten
1 tbsp chopped coriander
1½ tbsp soy sauce
1½ tbsp sesame oil

1. Add 1 tbsp sesame oil to the base of the air fryer. Mix ½ tbsp soy sauce with the spring onions and eggs and give it a whisk with a fork. Pour the mixture into the air fryer and cook at 200°C/400°F for 3 minutes. Transfer to a plate and set aside.
2. Drizzle the remaining oil into the air fryer, then add the garlic, ginger, chilli and vegetables. Air fry for 4-5 minutes until the vegetables show a little browning in places.
3. Stir in the rice with the remaining soy sauce, breaking it up with a spatula and stirring through the vegetables. Continue to cook for 6 minutes, stopping every 2 minutes to stir. Add the eggs for the final 2 minutes. Serve in bowls scattered with coriander.

PER SERVING:
Calories: **718,** Fat **22.6g,** Saturates **4.7g,** Carbohydrate **96g,** Sugars **6.2g,** Fibre **6.6g,** Protein **21g,** Salt **0.4g**



Piri-Piri chicken wings

Serves **4** | *Prep* **20 mins plus marinating** | *Cook* **20-22 mins per batch**

FOR THE SALAD

350g (10½oz) white cabbage, finely shredded
100g (3½oz) red cabbage, finely shredded
5 tbsp mayonnaise
3 tbsp yoghurt
2 tbsp sour cream
2 tbsp apple cider vinegar
1 tsp sugar
salt and freshly ground pepper
1 red onion, peeled, sliced
2 carrots, peeled, grated
1 tbsp mixed cress

FOR THE CHICKEN WINGS

1kg (2lb 2oz) chicken wings
3 red chillies, seeded, coarsely chopped
3 garlic cloves, peeled, chopped
3-4 tbsp lemon juice
2 tbsp apple cider vinegar
3 tbsp olive oil
1 tsp sweet paprika
½-1 tsp smoked paprika
¼ tsp chilli powder
1 tsp brown sugar
spray oil

FOR THE DIP

1 garlic clove, peeled, crushed
200g (¾ cup) Greek yoghurt
1 tsp lime juice
1 tsp honey
1 tbsp chopped coriander
1 tsp black sesame seeds, plus extra for sprinkling
½ a mango, peeled, finely diced
¼ of a cucumber, peeled, seeded, diced

1. For the salad, rinse the red and white cabbage in a sieve under cold water and allow to drain well.
2. In a bowl, mix the mayonnaise with the yoghurt, sour cream, apple cider vinegar, sugar, and ½ tsp each of salt and pepper. Add the shredded cabbages, red onion and carrots, then mix well. Leave to infuse for at least 30 minutes before serving. Garnish with mixed cress before serving.
3. For the chicken wings, purée the chillies and garlic with the lemon juice, vinegar, olive oil, both paprikas, chilli powder, salt, pepper and brown sugar until smooth. Mix the chicken wings with the marinade to coat and leave to marinate in the fridge for at least 2 hours.
4. Preheat the air fryer to 190°C/370°F for 3 minutes. Spray the basket with cooking oil.
5. Place the wings in a single layer in the air fryer basket and cook for 20-22 minutes until golden brown, turning halfway through (if necessary, cook the chicken wings in batches).
6. For the dip, mix together the garlic, Greek yoghurt, lime juice, honey, coriander and sesame seeds. Stir in the mango and cucumber. Transfer to a bowl and sprinkle with a pinch of black sesame seeds.
7. Increase the air fryer temperature to 200°C/400°F and crisp the wings for 2-3 minutes. Serve with the coleslaw and dip.

Recipe and photo © Stockfood, The Food Media Agency

PER SERVING:

Calories: **608,** Fat **28.2g,** Saturates **6g,** Carbohydrate **26.3g,** Sugars **16.7g,** Fibre **4.2g,** Protein **58g,** Salt **0.7g**

Shawarma spiced sweet potato bake

By Fern Green

Serves **2** | *Prep* **10 mins** | *Cook* **30 mins**

- 2 small red onions, each cut into 6 wedges
- 350g (12oz) sweet potatoes, cut into chunks
- 1½ tbsp olive oil
- 1½ tsp shawarma spice mix
- 1 tbsp thyme leaves
- a small handful of lettuce leaves
- 4 tbsp tzatziki
- 2 Greek-style flatbreads

1. Toss the onions and sweet potatoes in the olive oil and season. Lay on the grate in the air fryer and cook for 5 minutes at 200°C/400°F. Stir again and cook for a further 5 minutes.
2. Meanwhile, mix the shawarma spice with 1 tbsp boiled water. Pour over the vegetables and cook for a further 10 minutes until all cooked through and caramelised.
3. Warm up the flatbreads and serve with the vegetables, tzatziki and lettuce leaves.

PER SERVING:

Calories: **531,** Fat **18.9g,** Saturates **3.1g,** Carbohydrate **79.2g,** Sugars **9.3g,** Fibre **13g,** Protein **15.9g,** Salt **0.5g**

Tandoori cauliflower with quick tomato curry

Serves **4** | *Prep* **10 mins plus marinating** | *Cook* **20 mins**

FOR THE CAULIFLOWER

- 1 medium cauliflower, cut into florets
- 4 tbsp yoghurt
- 1 tbsp tandoori spice blend
- 1 tsp lemon juice

FOR THE TOMATO CURRY

- 1 tsp oil
- 1 onion, peeled, sliced
- 4 garlic cloves, peeled, chopped
- 1 tsp cumin seeds
- 400g (14oz) chopped tomatoes
- a pinch of chilli flakes
- 1 tsp garam masala
- salt and sugar, to balance

TO SERVE

- coconut yoghurt
- fresh coriander

1. Mix the cauliflower with the yoghurt, tandoori spice and lemon juice. Marinate for at least 10 minutes.
2. Preheat the air fryer to 200°C/400°F, then air fry the cauliflower for 15-18 minutes until golden and charred.
3. Meanwhile, heat the oil in a pan. Add the onion and sauté for 3-4 minutes, then add the garlic, chilli and cumin.
4. Stir in the chopped tomatoes and garam masala and simmer for 10 minutes. Season to taste with salt and a pinch of sugar.
5. Spoon the curry into bowls, then top with the tandoori cauliflower, coconut yoghurt and coriander.

PER SERVING:

Calories **100,** Fat **3.6g,** Saturates **1.8g,** Carbohydrate **15.5g,** Sugars **7.8g,** Fibre **4.2g,** Protein **4.4g,** Salt **0.2g**

Chicken satay skewers

Serves **4** | *Prep* **15 mins plus marinating** | *Cook* **25 mins**

FOR THE SKEWERS

- 750g (1lb 10oz) boneless chicken breast or thigh, cut into long strips
- 2 garlic cloves, peeled, finely diced
- 2 shallots, peeled, finely diced
- 2 chillies, seeded, finely chopped
- 2 tbsp finely grated ginger
- 3 tbsp lime juice
- 1 tsp turmeric
- 1 tsp ground cumin
- 2 tsp ground coriander
- 4 tbsp vegetable oil
- 4 tbsp Kecap Manis
- 4 tbsp soy sauce
- 2 tsp brown sugar

FOR THE SAUCE

- 220g (8oz) unsalted peanuts
- 1 chilli, seeded, finely chopped
- 1 lemongrass stick, finely chopped
- 1 tbsp brown sugar
- 300ml (1⅓ cups) coconut milk
- 3 tbsp light soy sauce
- 1 tsp ground coriander
- salt and freshly ground black pepper

TO SERVE

- 2 tbsp coriander leaves
- 1 red chilli, thinly sliced into rings

1. For the skewers, place the chicken in a large bowl. Add the garlic, shallots, chilli and ginger along with the lime juice, turmeric, ground cumin, ground coriander, oil and Kecap Manis. Mix well, cover, then marinate in the fridge for at least 2 hours (or overnight).
2. Preheat the air fryer to 160°C/320°F.
3. For the sauce, place the peanuts in the air fryer basket and cook for 8 minutes until golden. Cool, then finely crush with a pestle and mortar. Put the crushed peanuts in a pan with the chilli and lemongrass. Add the sugar, coconut milk, soy sauce ground coriander, and 100ml (½ cup) water. Simmer, stirring constantly, over a low heat for 5 minutes. Season the sauce with salt and freshly ground black pepper to taste.
4. Thread the chicken strips onto soaked wooden skewers, weaving them up and down.
5. Preheat the air fryer to 190°C/370°F. Place the skewers side by side in the basket and cook for 10 minutes, turning halfway through. Increase the temperature to 200°C/400°F and brown the skewers for 2 minutes.
6. Arrange the chicken skewers on plates, garnish with coriander leaves and chilli rings, then serve with the warm peanut sauce.

***TIP:** If using thigh meat, the skewers may need to be cooked for 2-3 minutes longer.*

Recipe and photo © Stockfood, The Food Media Agency

PER SERVING:
Calories: **968,** Fat **68.8g,** Saturates **23g,** Carbohydrate **26.4g,** Sugars **11.2g,** Fibre **5.4g,** Protein **41.7g,** Salt **1.2g**

Hoisin tofu with sriracha peanut slaw

Serves **4** | *Prep* **15 mins** | *Cook* **15 mins**

FOR THE TOFU

- 200g (7oz) firm tofu, pressed, cubed
- 1 tbsp cornflour/cornstarch
- 2 tbsp tamari or soy sauce
- 2 tbsp hoisin sauce
- 1 tbsp toasted sesame oil
- 1 tbsp sesame seeds

FOR THE SLAW

- ¼ of a red cabbage, finely shredded
- 1 carrot, julienned
- 2 spring onions/scallions, sliced
- 3 tbsp roasted peanuts, chopped
- a handful of fresh coriander, chopped

FOR THE PEANUT DRESSING

- 2 tbsp peanut butter
- 1 tbsp sriracha, or to taste
- 1 tsp maple syrup
- juice of ½ a lime
- 1-2 tbsp water, to loosen
- salt

1. Preheat the air fryer to 200°C/400°F for 2 minutes.
2. Toss the tofu in the cornflour and a pinch of salt, then air fry for 10-12 minutes, shaking halfway through, until crisp.
3. In a small bowl, mix the hoisin, tamari, sesame oil and maple syrup. Toss through the hot tofu and return to the air fryer for 1-2 minutes.
4. Return to the bowl and toss with the sesame seeds.
5. Combine all the slaw ingredients in a bowl.
6. Whisk together dressing ingredients until smooth. Add water to loosen to the desired consistency.
7. Serve the tofu over the slaw, drizzle with peanut dressing and top with extra coriander and peanuts.

PER SERVING:

Calories **257,** Fat **15.4g,** Saturates **2.4g,** Carbohydrate **19.3g,** Sugars **7.7g,** Fibre **3.4g,** Protein **14.1g,** Salt **0.9g**

PLAN YOUR WEEK AROUND *10 light and sweet* AIR FRYER BITES

Air fryers have revolutionised home cooking by making it possible to enjoy crispy, golden treats with far less oil than traditional frying. While they're often associated with savoury snacks, they're equally brilliant for creating light, sweet bites. Below are 10 ideas that combine flavour, texture and simplicity, each designed to be airy, satisfying and relatively guilt-free.

All images: iStock.com

1 CINNAMON APPLE CHIPS

Thinly sliced apples sprinkled with cinnamon transform into crisp, sweet chips in the air fryer.

Why it works: Apples naturally caramelise when heated, and the air fryer intensifies their sweetness without added sugar.

Serving tip: Pair with a dollop of Greek yoghurt or a drizzle of honey for a wholesome snack.

2 HONEY-GLAZED BANANA BITES

Slice bananas into coins, lightly brush with honey, then air fry until golden.

Texture: Crispy edges with a soft, caramelised centre.

Variation: Sprinkle with crushed nuts or a pinch of cocoa powder for extra flavour.

3 MINI CHURRO BITES

Use a light dough (like whole wheat or reduced-fat biscuit dough), cut into small pieces, then air fry until puffed. Toss in cinnamon sugar afterwards.

Why lighter: Air frying avoids deep-frying oil, and portioning into bite-sized pieces keeps indulgence manageable.

Serving idea: Dip into a small ramekin of dark chocolate sauce.

4 COCONUT MACAROON CLUSTERS

Mix shredded coconut with a touch of egg white and honey, shape into small clusters, then air fry until lightly browned.

Result: Chewy inside, crisp outside, with tropical sweetness.

Health note: Using egg whites instead of condensed milk keeps them lighter.

5 PEACH HAND PIES

Wrap peach slices in thin filo pastry or wonton wrappers, brush lightly with coconut oil, then air fry until crisp.

Flavour profile: Juicy fruit encased in a delicate, flaky shell.

Serving tip: Dust with icing sugar for a bakery-style finish.

6 STRAWBERRY AND BANANA OAT MUFFINS

(see recipe on page 104)

Texture: Light and chewy,

Flavour profile: Full of tasty and fruity goodness.

Why These Work Well in an Air Fryer

Less oil: Air fryers use circulating hot air, so you get crisp textures without deep frying.

Quick cooking: Most of these bites take under 10 minutes, making them perfect for spontaneous cravings.

Portion-friendly: Small, bite-sized servings help keep indulgence light.

Versatility: You can swap fruits, spices, or sweeteners to suit your taste.

7 OATMEAL COOKIE BALLS

Combine oats, mashed banana and a few chocolate chips, roll into small balls, then air fry until firm.

Why it's light: No butter or heavy sugar – just natural sweetness from fruit.

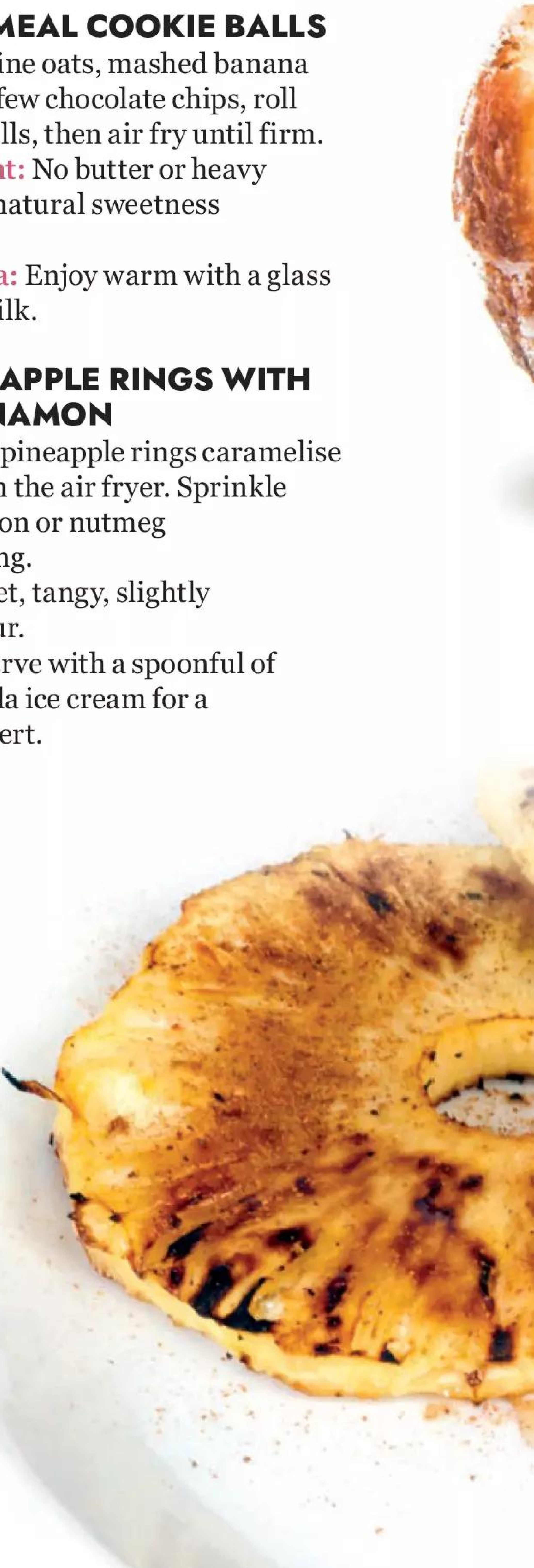
Serving idea: Enjoy warm with a glass of almond milk.

8 PINEAPPLE RINGS WITH CINNAMON

Fresh pineapple rings caramelise beautifully in the air fryer. Sprinkle with cinnamon or nutmeg before cooking.

Result: Sweet, tangy, slightly smoky flavour.

Upgrade: Serve with a spoonful of low-fat vanilla ice cream for a tropical dessert.



9 YOGHURT BARK BITES

Freeze Greek yoghurt mixed with berries into small chunks, then air fry briefly to crisp the outside while keeping the inside cool.

Texture: Crunchy shell with a creamy centre.

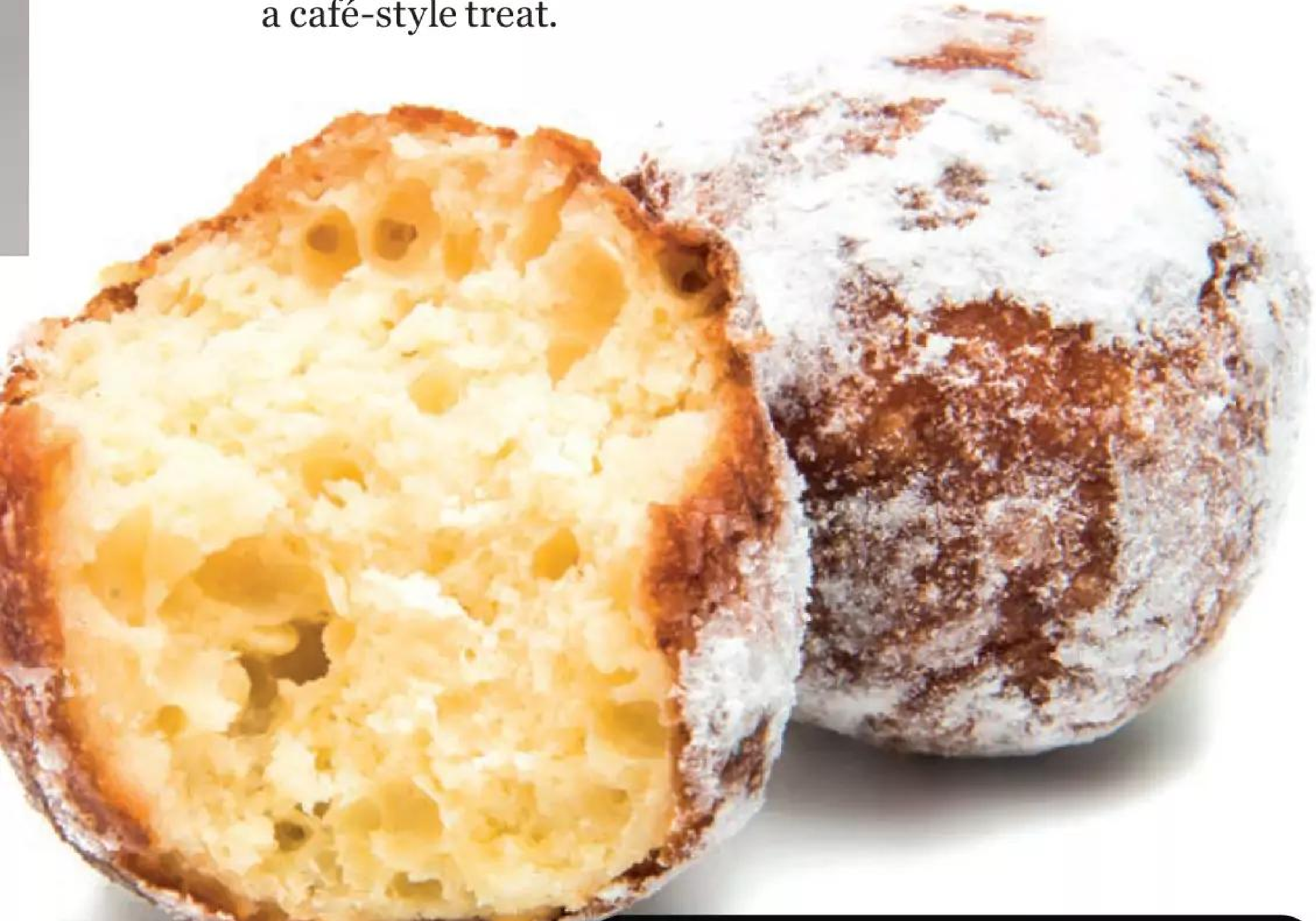
Tip: Use parchment paper to prevent sticking.

10 AIR-FRIED DOUGHNUT HOLES

Use a light dough, shape into small balls, then air fry until golden. Toss in cinnamon sugar or brush with a thin glaze.

Portion control: The mini size makes them less heavy than full doughnuts.

Serving idea: Pair with coffee or tea for a café-style treat.



Tips for Success

Use parchment paper or silicone liners to prevent sticking

Don't overcrowd the basket: Air circulation is key for even crisping.

Experiment with sweeteners: Honey, maple syrup, or stevia can replace refined sugar.

Balance flavours: Pair sweet bites with spices (cinnamon, nutmeg, cardamom) for depth without extra calories.

Weekly Plan: Sweet Bites + Drinks Pairings

DAY 1 – MONDAY

Sweet Bite: Cinnamon Apple Chips

Beverage Pairing: Chamomile tea

Why it works: The soothing floral notes of chamomile balance the warm spice of cinnamon, making this a calming start to the week.

DAY 2 – TUESDAY

Sweet Bite: Honey-Glazed Banana Bites

Beverage Pairing: Iced latte (light milk, no added sugar)

Why it works: The creamy coffee complements the caramelised banana flavour, while the iced preparation keeps it refreshing.

DAY 3 – WEDNESDAY

Sweet Bite: Mini Churro Bites

Beverage Pairing: Spiced chai tea

Why it works: Chai's blend of cardamom, cloves, and ginger mirrors the cinnamon sugar coating, creating a cosy midweek indulgence.

DAY 4 – THURSDAY

Sweet Bite: Coconut Macaroon Clusters

Beverage Pairing: Cold brew coffee with a splash of coconut milk

Why it works: The tropical coconut flavour is echoed in the beverage, while cold brew adds a smooth, rich contrast.

DAY 5 – FRIDAY

Sweet Bite: Peach Hand Pies

Beverage Pairing: Green tea with jasmine

Why it works: The floral notes of jasmine highlight the juicy sweetness of peaches, making this pairing light yet elegant for the end of the workweek.

DAY 6 – SATURDAY

Sweet Bite: Strawberry and Banana Muffins

Beverage Pairing: Berry smoothie (mixed berries + yoghurt)

Why it works: Intensified strawberry flavour pairs beautifully with a creamy berry blend, creating a weekend treat that feels indulgent but still light.

DAY 7 – SUNDAY

Sweet Bite: Pineapple Rings with Cinnamon

Beverage Pairing: Sparkling water with lime

Why it works: The tangy pineapple and spice are brightened by the citrus fizz, making this a refreshing way to close the week.

TIPS FOR PAIRING

Balance sweetness: If the bite is naturally sweet (like banana or peach), pair with a more subtle drink (tea, sparkling water).

Echo flavours: Coconut bites with coconut milk coffee, cinnamon bites with chai.

Add freshness: Smoothies and sparkling water keep the plan light and refreshing.

Strawberry and banana oat muffins

By New Forest Fruit Snacks (www.newforestfruitsnacks.com)

Makes **6** | *Prep* **5 mins** | *Cook* **10-12 mins**

- 50g (½ cup) rolled oats
- 80g (½ cup) self-raising flour
- 1 ripe banana, peeled, mashed
- 1 free-range egg
- 120g (½ cup) Greek yoghurt (or diary alternative)
- ¼ cup New Forest Fruit Snacks – Strawberry (chopped if large)
- 1 tsp baking powder
- 1 tbsp honey or agave syrup

1. Preheat air fryer to 160°C/320°F.
2. In a bowl, mix together the oats, self-raising flour, baking powder, mashed banana, egg, yoghurt and honey until combined. Gently fold in the New Forest Fruit Snacks.
3. Spoon mixture into silicone muffin moulds, three-quarters full, then air fry for 10-12 minutes until golden and firm to touch.
4. Cool slightly before serving – they'll firm up as they rest.

PER MUFFIN:

Calories **128,** Fat **1.8g,** Saturates **0.6g,** Carbohydrate **23.7g,** Sugars **6.3g,** Fibre **1.8g,** Protein **4.9g,** Salt **0.1g**

Fishy dishes!

A taste of the sea

RECIPES

Create healthy and light meals straight from the ocean...

Marinated prawns with homemade sweet chilli sauce

Serves **4** | *Prep* **10 mins plus marinating** | *Cook* **20 mins**

FOR THE SAUCE

1 tbsp vegetable oil

1 red pepper, deseeded, finely diced

1 red onion, peeled, finely diced

2 garlic cloves, peeled, finely diced

2 red chillies, seeded, finely chopped

1 tsp black peppercorns, crushed

50g (¼ cup) brown sugar

2-3 tbsp rice vinegar

4 tbsp rice wine

2 tbsp plum sauce

1-2 tbsp soy sauce

FOR THE PRAWNS

3 tbsp vegetable oil

20 king prawns, peeled, deveined, tail left on

spray oil

1 lime, cut into wedges

1 Heat the oil in a pan and briefly sauté the pepper, onion, garlic and chillies with the crushed black pepper. Add the sugar and caramelise to a golden brown, stirring. Deglaze with vinegar, rice wine and 200ml (¾ cup) water. Stir in the plum sauce and simmer for 10-15 minutes, stirring occasionally, until thickened. Remove from the heat, season with soy sauce and cool.

2 For the prawns, mix 2-3 tbsp of the sauce with the oil in a shallow dish. Add the prawns, cover and marinate in the fridge for 15-20 minutes.

3 Soak wooden skewers in cold water for 10 minutes. Remove and thread the prawns onto the skewers.

4 Preheat the air fryer to 190°C/380°F and lightly spray the basket with oil.

5 Place a layer of skewers in the basket (do not stack them, cook in 2-3 batches if necessary) and cook for 8 minutes until pink, turning once halfway through. Remove, rest briefly and serve with the sauce and lime wedges.

Recipe and photo © Stockfood, The Food Media Agency

PER SERVING:

Calories: **296,** Fat **15.4g,** Saturates **2.4g,** Carbohydrate **24.5g,** Sugars **21g,** Fibre **1.6g,** Protein **16.3g,** Salt **0.2g**

Recipe and photo © Stockfood, The Food Media Agency

Salmon with raspberries and courgette

Serves **4** | *Prep* **15 mins** | *Cook* **15 mins**

- 1 courgette/zucchini, cut into matchsticks
- 2 tbsp vegetable oil
- sea salt flakes
- freshly ground black pepper
- 4 salmon fillets, 160g (6oz) each
- 1 tsp coriander seeds, crushed
- a handful of raspberries, halved
- 2 dill sprigs, roughly chopped

1. Preheat the air fryer with a 20cm (8in) pizza tray or a similar baking dish for 5 minutes at 180°C/360°F.
2. Mix the courgette with 1 tbsp oil and season with salt and pepper. Arrange on the hot tray and air fry for 2-3 minutes.
3. Brush the salmon with the remaining oil. Season with coriander, salt and pepper, then place skin-side-down next to the courgette. Cook for 8-10 minutes until the skin is golden.
4. Sprinkle the raspberries and dill over the salmon and serve.

PER SERVING:
Calories: **283,** Fat **14.2g,** Saturates **2.4g,** Carbohydrate **4g,** Sugars **1.1g,** Fibre **2.1g,** Protein **33.8g,** Salt **0.3g**

Recipe and photo © Stockfood, The Food Media Agency

Tuna croquettes

Serves **4** | *Prep* **15 mins** | *Cook* **12-15 mins per batch**

- 800g (1lb 10oz) floury potatoes, peeled
- salt and freshly ground black pepper
- 250g (9oz) tinned tuna
- 2 spring onions/scallions, finely chopped
- 1 free-range egg
- 2 tbsp parsley, chopped
- 60g (1 cup) panko breadcrumbs
- spray oil

1. Cook the potatoes in salted water for 30 minutes until tender. Drain, allow to steam, then press through a potato ricer into a bowl.
2. Drain the tuna well, flake and mix into the potatoes with the spring onions, egg, parsley, lemon zest and 2-3 tbsp of panko breadcrumbs. Season everything with salt and pepper to taste.
3. Shape the mixture into 8-12 patties and coat in the remaining breadcrumbs.
4. Preheat the air fryer to 180°C/360°F. Spray the patties with oil. Place half the patties side by side in the air fryer basket and cook for 12-15 minutes until golden and crisp, turning halfway through.
5. Keep warm in the oven at 80°C/160°F while you cook the remaining croquettes in the same way, then serve.

PER SERVING:
Calories: **271,** Fat **2.9g,** Saturates **0.8g,** Carbohydrate **43.1g,** Sugars **2.8g,** Fibre **4.9g,** Protein **19g,** Salt **0.5g**

Salmon and crispy chilli fishcakes

By Fern Green

Makes **4** | *Prep* **20 mins** | *Cook* **1 hour**

2 large baking potatoes
220g (8oz) Scottish salmon tail fillets
a handful of coriander, chopped
finely grated zest of 1 lime
1 free-range egg
1 tbsp crispy chilli peanut oil
25g (¼ cup) panko breadcrumbs
1 tsp olive oil
1 cucumber
a pinch of salt
3 tbsp rice vinegar
1 tbsp maple syrup
1 tsp sesame seeds

1 Preheat the air fryer to 200°C/400°F. Scrub the potatoes and prick with fork, then place in the air fryer and cook for 40 minutes or until soft. When cool enough to handle, cut the potatoes in half, scoop out the flesh into a bowl, then mash.

2 Cook the salmon fillets in air fryer at 200°C/400°F for 10 minutes. Remove the skin and flake the flesh into a bowl. Add the coriander, lime, egg, breadcrumbs and crispy chilli peanut oil. Add the mash and mix through. Using wet hands, form the mixture into four patties.

3 Lay parchment in the air fryer and lay the patties on top. Brush with oil, then cook for 10 minutes at 200°C/400°F, flipping them over carefully halfway through.

4 For the salad, slice the cucumber into ribbons using a peeler. Place in a bowl and drizzle over the rice vinegar and maple syrup. Stir through and season with salt. Allow to sit until ready to serve.

5 Once the salmon cakes are ready, serve with the cucumber salad sprinkled with sesame seeds.

PER FISHCAKE:

Calories: **203,** Fat **8.7g,** Saturates **1.6g,** Carbohydrate **16g,** Sugars **4.1g,** Fibre **1.6g,** Protein **14.5g,** Salt **0.3g**

Mouthwatering!

Sweet treats

RECIPES

Everyone needs a sweet fix every now and then...

CHICKPEA FLOUR COOKIES – P114

Quinoa brownies

By Romy London (www.romylondonuk.com)

Makes **6-8** | *Prep* **20 mins** | *Cook* **18-22 mins**

DRY INGREDIENTS

- 170g (1 cup) uncooked quinoa
- 85g (1 cup) unsweetened cocoa powder
- 1 tsp baking powder
- ½ tsp sea salt

WET INGREDIENTS

- 240g (1½ cups) coconut sugar
- 120ml (⅓ cup) maple syrup or agave
- 2 flax "eggs" (2 tbsp ground flaxseed + 6 tbsp water)
- 120g (4½oz) sweet potato
- 80ml (⅓ cup) melted coconut oil
- 2 tsp vanilla extract
- 100g (½ cup) dairy-free chocolate chips, plus extra for topping
- sea salt flakes

1. Toast the uncooked quinoa in a dry pan over a medium heat for about 5 minutes, stirring until fragrant and lightly golden. Let it cool completely, then blitz in a high-speed blender until it becomes a fine, powdery flour.
2. Mix the ground flaxseed and water in a small bowl. Set aside for 10 minutes to thicken.
3. Line a small baking tin that fits your air fryer with parchment paper, leaving an overhang for easy lifting.
4. In a large bowl, whisk together the quinoa flour, cocoa powder, baking powder, and salt.
5. In another bowl, whisk together the flax eggs, coconut sugar, maple syrup, sweet potato purée, melted coconut oil and vanilla until smooth.
6. Pour the wet mixture into the dry and stir until just combined. Fold in the chocolate chips. Scrape the batter into the lined tin and smooth the top. Add extra chocolate chips and a sprinkle of sea salt flakes.
7. Place the tin in your air fryer basket, then cook at 160°C/320°F for 18-22 minutes, depending on your model. Start checking at the 18-minute mark – a toothpick should come out with moist crumbs, not raw batter.
8. Lift the brownies out using the parchment overhang and let them cool fully before cutting. If you cut too early, they'll be too soft – cooling gives you that perfect fudgy centre.
9. Keep the brownies in an airtight container at room temperature for up to 5 days.

PER BROWNIE:

Calories: **462** Fat **18.1g,** Saturates **12.2g,** Carbohydrate **70.3g,** Sugars **46.4g,** Fibre **4.6g,** Protein **6.4g,** Salt **0.3g**

Creamy cardamom rice pudding

By Niki Behjou (www.nikibakes.uk)

Serves **4** | *Prep* **10 mins plus resting** | *Cook* **50 mins**

190g (1 cup) pudding rice (or any short-grain rice)
875ml (3½ cups) almond milk (or any milk you love — dairy, oat, soy or coconut)
4-5 cardamom pods, lightly crushed
3 tbsp sugar or maple syrup
1 tsp vanilla extract
a pinch of sea salt

FOR THE TOPPING

slivered pistachios
a drizzle of runny honey
pomegranate seeds and edible flowers (optional)

1. Preheat the air fryer to 160°C/320°F for 3-5 minutes.
2. In an oven-safe dish that fits in the air fryer basket, combine the rice, milk, crushed cardamom pods, sugar, salt and vanilla. Stir well.
3. Cover the dish with foil to prevent the top from drying out, then air fry for 30 minutes.
4. Carefully remove the dish from the air fryer, then stir the mixture to keep it creamy and prevent clumping. Return to the air fryer and cook for another 15-20 minutes, or until the rice is soft and the pudding is thick and creamy.
5. Let it rest, covered, for 5-10 minutes — it will continue to thicken as it cools.
6. Spoon into bowls and top with honey, pistachios, pomegranate seeds and edible flowers, if desired.

PER SERVING:
Calories: **360,** Fat **5.8g,** Saturates **1g,** Carbohydrate **79g,** Sugars **14g,** Fibre **1.1g,** Protein **6.6g,** Salt **0.2g**

Carrot cake

Serves **4** | *Prep* **10 mins** | *Cook* **35-40 mins**

1 ripe banana, mashed
200g (7oz) grated carrot
5 tbsp maple syrup or date syrup
2 tbsp rapeseed oil
1 tsp cinnamon
1 tsp ground ginger
1 tsp vanilla extract
100g (½ cup + 2 tbsp) self-raising flour
50g (¼ cup) mixed dried fruit (e.g. sultanas, chopped dates, or raisins)
a pinch of salt
coconut yoghurt, nut butter or tahini, to serve (optional)

1. In a large bowl, mix the mashed banana, grated carrot, syrup, oil, spices and vanilla. Fold in the flour, salt and dried fruit to create a thick, spoonable batter.
2. Spoon into a greased and lined 20cm (8in) air fryer-safe cake tin (not too deep) and level the top. Air fry at 160°C/320°F for 35-40 minutes, or until a skewer inserted in the centre comes out clean. If browning too quickly, cover loosely with foil after 25 minutes.
3. To firm up the base, flip the cake and air fry for another 3-5 minutes.
4. Cool slightly before slicing. Serve as it is, or with coconut yoghurt, nut butter or a tahini drizzle.

PER SERVING:
Calories **347,** Fat **7.6g,** Saturates **1.3g,** Carbohydrate **68.6g,** Sugars **34.5g,** Fibre **4.9g,** Protein **4.2g,** Salt **0.4g**

Sweet potato brownies

By North Carolina Sweet potatoes (www.ncsweetpotatoes.co.uk)

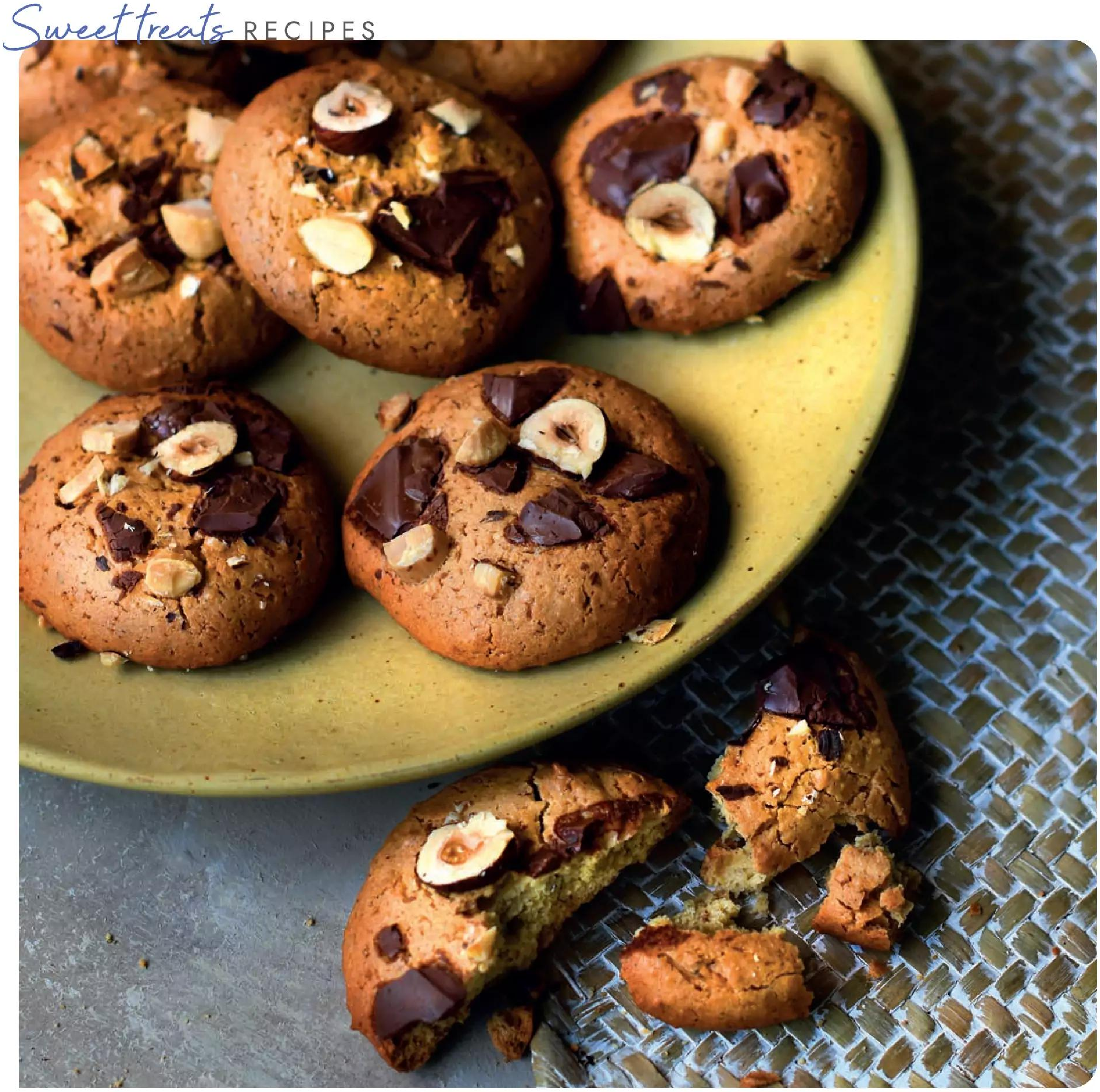
Makes **6** *large brownies* | *Prep* **15 mins** | *Cook* **1 hour**

- 2 sweet potatoes, halved
- 100g (½ cup) unsalted butter, cubed
- 200g (1 cup) chopped dark chocolate
- 160g (1½ cups) light soft brown sugar
- 2 free-range eggs
- 2 tsp vanilla extract
- 100g (⅔ cup) self-raising flour
- 25g (¼ cup) cocoa powder
- 1 tbsp ground ginger
- 100g (½ cup) dark chocolate chips

1. Preheat the air fryer to 160°C/320°F. Butter and line a square 20cm brownie tin, or one that will fit in your air fryer.
2. Wrap the sweet potatoes in foil, place on a baking sheet and cook in the air fryer for 35-45 minutes or until soft.
3. Once cool enough to handle, scoop out the flesh and weigh 200g (7oz) before adding to a bowl and mashing.
4. In a pan over a low heat, melt the butter and chopped chocolate, stirring regularly.
5. Add the light soft brown sugar to the mashed sweet potato, beat until smooth, then gently stir in the melted chocolate and butter.
6. Slowly mix in the eggs, followed by the vanilla extract, then sift in the flour, cocoa powder and ground ginger and mix well. Fold in the chocolate chips, pour into the brownie tin and smooth the top.
7. Cook in the air fryer for 15-20 minutes until just set and still a little soft in the middle.
8. Cool in the tin, then remove and cut into pieces.

PER BROWNIE:

Calories: **631,** Fat **32.3g,** Saturates **18.5g,** Carbohydrate **75.5g,** Sugars **40.6g,** Fibre **7.4g,** Protein **9.9g,** Salt **0.3g**



Chickpea flour cookies with chocolate chips and hazelnuts

Makes **12** | *Prep* **10 mins** | *Cook* **10 mins**

150g (1 cup) chickpea flour
½ tsp bicarbonate of soda
½ tsp baking powder
a pinch of salt
80g (⅓ cup) brown sugar
60g (¼ cup) butter, melted
1 free-range egg
1 tsp vanilla extract
70g (½ cup) dark chocolate, coarsely chopped
50g (⅓ cup) toasted hazelnuts, coarsely chopped
1-2 tbsp milk

1 In a bowl, mix the chickpea flour with the bicarbonate of soda, baking powder, salt and brown sugar. Stir in the melted butter, egg and vanilla extract, then blend everything into a smooth dough.

2 Fold in the dark chocolate and hazelnuts. If the dough is too firm, add 1-2 tbsp milk. Divide the mixture into 12 portions, shape each into a ball and flatten gently.

3 Preheat the air fryer to 160°C/320°F. Line the basket with baking paper or a silicone mat. Place the cookies in 2-3 batches, spaced apart, then cook for 7-10 minutes until golden. After 4-5 minutes, gently shake the basket to stop the cookies sticking.

4 Let the cookies cool in the basket for 5 minutes, then transfer to a wire rack to cool completely.

PER COOKIE:

Calories: **178,** Fat **10.3g,** Saturates **4.4g,** Carbohydrate **17.4g,** Sugars **9.6g,** Fibre **2.4g,** Protein **4.4g,** Salt **0.1g**

AirFryer
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